

AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

# Grass Roots

AUST. \$5.77 incl GST

New Zealand \$7.15 incl GST

No. 145. JUN/JUL 2001

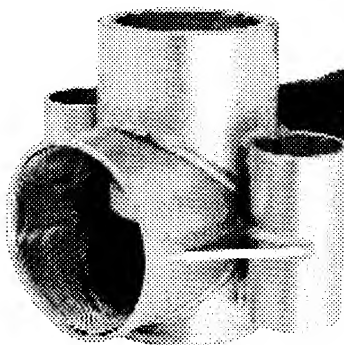
Printed on plantation-grown paper

- Build A Composter • Recycling Socks
- Home Orchard Options • Making Soya Milk
- Shearless Sheep • Herbs • The Cape Gooseberry
- Bio Diesel • Mud Bricks • Maremma Dogs • Pigs . . .



Urban Recycling

## Pump water with water.



**Works in any creek or stream with 0.5m fall.**

- Solid stainless steel body for long life.
- One moving part – no maintenance.
- Typical flow 200 litres/hour.
- Tested up to a 30m head over 500m.
- Five years development. Two year guarantee.

**For details, phone (02) 9893 7586 fax 9689 3663.**

***Ask about our introductory discount.  
Designed and made in Australia***

The Turon Pump, 26 Hunter Street, Parramatta, NSW 2150.

apples, bananas, cherries, dandelion, endive, figs, herbs, hummus, soyabeans, tea, soap, macadamias, garlic, chillies, lemon grass, pasta, cauliflowers, roses, broccoli, peas, rocket, lettuce, bokchoy, avocados, tomatoes, herbal extracts, massage oils, potatoes, carrots, cheese, jams, sauces, eggs, honey and more .....

**For ALL  
your organic certification needs\***

**join OHGA  
the friendly certifier**

**P O Box 6171, South Lismore NSW 2480**

**tel 02 6622 0100 fax 02 6622 0900**

**email: [ohga@nrg.com.au](mailto:ohga@nrg.com.au)**

**[www.organicherbs.org](http://www.organicherbs.org)**

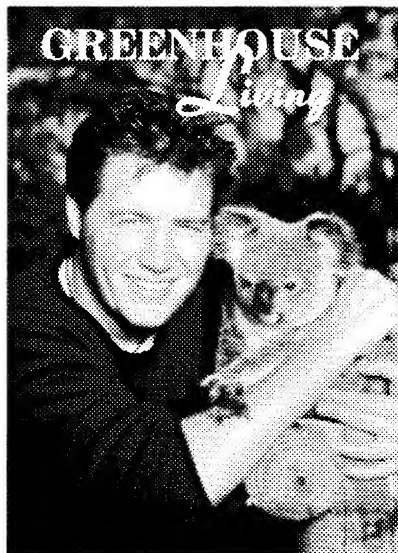
**Cellulose Valley, Southern Cross Uni, East Lismore 2480**

**\* the small print: no levies charged on your sales**

**AQIS & JAS  
accredited**



# GREENHOUSE *Living*



**LATEST ISSUE OUT NOW!**

***Full of practical ideas and solutions for sustainable living.***

**Solar hot water: it's cheap, easy & I love it!**

**Mud and marsupials, Qld experiences**

**Organic cotton in fashion: meet the designers**

**Fast and easy winter comfort meals**

**What vegies to plant over winter**

**Meet Hans Tholstrup, solar car inventor**

**Organic issues with Scott Kinnear**

**Cafés, wine, gardening, investing and more!**

**Greenhouse is available from all good newsagents, or contact Grass Roots Publishing for a years subscription (4 issues) at \$26.40. *Greenhouse Living* – full of useful info and a great read!**



# Welcome to Grass Roots magazine



Market forces, page 21.



Cool fuel, page 9.



Shearless sheep, page 61.

## PEOPLE

### Voyage Of Discovery

*The search for self*

### Adventures Of An Island House Minder

*Joys of caretaking*

### The Bower Reuse And Repair Centre

*Tip shop extraordinaire*

### Anita's Herbs

*Rewarding part-time business*

### With A Smile On My Face

*Retirement GR style*

### Guide For Decision Making

*Removing the guesswork*

### Down In The Dumps

*Tale from the tip*

### Bush Mailboxes

*A country icon*

## FARMSTOCK

### Watching The Chooks

*Rescued battery hens*

### Happy Chooks Lay Many Eggs

*Pied piper – poultry style*

### Marvellous Maremmas

*A dog with attitude*

### Introduction To Pigs, Feeding

*Porcine sustenance*

### The Dorper Sheep

*Versatile wool-shedding breed*

### Managing Equine Manure

*Reduce environmental impact*

## ON THE LAND

### Flood Damage Control On Farms

*Prevention and cleanup*

## GARDEN

### The Winter Garden

*Seasonal garden goodies*

### A Native Garden NZ Style

*Re-creating the bush*

### Snakes And Ladders

*Cheap bird scarer*

### The Home Orchard, Selecting Suitable Species

*A fruitful harvest*

### Granny's Garden Cure-all

*Horticultural helpmate*

### Cape Gooseberry, A Tasty Treat

*Bittersweet ambrosia*

### Slugs And Snails

*Stamping out slimy pests*

## CRAFT

### A Gift To Suit All Ages

*Simple and stylish vest*

Patricia Anundsen 6

Robyn Eades 11

Mark McKenzie 13

Anita Fundak 21

Lyn Miles 24

Hans Schmid 33

Doug Berry 47

Heather Kozak 52

Serrian O'Connor 19

Skye Crowe 20

Helen Garretty 23

Phillip Richards 53

Ivan Wilks 61

Dr Rob Atwill 63

June Birkett 68

Jenny Morcombe 8

Julie Doyle 16

John Mount 28

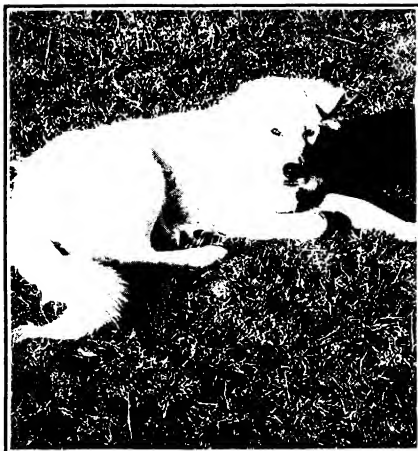
Donna Mulvenna 29

John Armstrong 34

Cassandra Turnbull 51

Dorothy Creevey 64

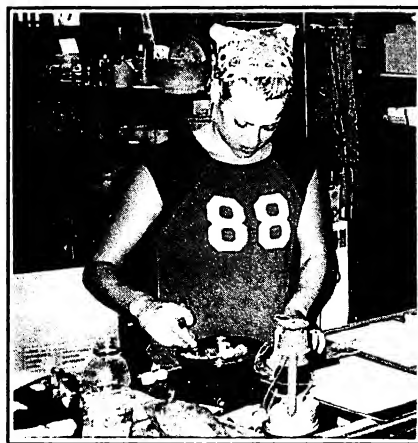
Pamela Odijk 27



*Stock insurance, page 23.*



*Solid to liquid, page 57.*



## OWNER BUILDING

**Earthly Passions, Creative Mudbrick Projects**  
*Many uses for mud*

**Neville Jackson** 65

## HEALTH

**Garden Bounty, Banana**  
*Tropical skin treatment*

**Cheryl Beasley** 54

## PRACTICAL DIY

**Woollen Winter Warmth**  
*Cosy recycling ideas*

**Nicole Casson** 15

**Saving Our Socks**  
*Warm more than your feet*

**Jane Smith** 25

**Sock It To Me, Recycling Tips**  
*Multi-use hosiery*

**Robyn Eades** 26

**Wonderful Walk-In Wardrobe**  
*Hilarious home improvement*

**Bette Shiels** 31

**Super Duper U-Beaut Composter**  
*Innovative bin design project*

**Keith Upward** 57

**Recycling Runs Riot, Ballpoint Pens**  
*Little miracles to reuse*

**Roberino** 69

## FOOD

**Tofu For Tots**  
*Tasty, healthy tucker*

**Aruscka Mangolei** 48

**Versatile Soya Beans, Pt 1**  
*Milking the beans*

**Nevin Sweeney** 55

**Ginger Beer Update**  
*Popular homemade drink*

66

## ENVIRONMENT

**Little Survivors**  
*Successful bird rescue*

**Dale Fergusson** 67

## ALTERNATIVE TECHNOLOGY

**Biodiesel**  
*Self-sufficiency fuel*

**Phillip Richards** 9

## REGULARS

*Gumnut Gossip*  
*Livestock Health & Management*  
*Eco News*  
*Feedback Link-up Feedback*  
*Kids Page*  
*In The Kitchen*  
*What's On*  
*Recent Releases*  
*Round The Market Place*  
*Down Home on the Farm*  
*Penpals*  
*Grassifieds*

**Megg Miller** 5  
35  
36  
37  
49  
50  
60  
70  
71  
**Sunshine Miller** 72  
73  
74

## COVER PHOTOS

**Front Cover:** The Bower Reuse and Repair Centre in suburban Sydney is encouraging recycling of resources. Community members built and staff this vibrant hive of activity. Read their inspirational story on page 13. Photo Geoff Ambler.

**Back Cover:** Readers describe the joy of rescuing battery hens on pages 19 & 20.

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 74.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors. Printed by Newsprinters P/L, Melbourne Rd, Shepparton 3630.

Ph: 03-5831-2312. ©2001 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.





'Any contributions to Gumnut Gossip? Is there anything I've missed?' My list of ideas was unusually short. My head was aching and if I didn't quickly consult members of the team they would go home for the night and I'd be left with few ideas and a wan imagination. 'Well,' offered one teammate, 'Sally and Suni had their kittens desexed and Suni's little fellow Pablo returned to the office for a while after the operation.' 'Yes,' contributed another helpfully, 'Sue's chook was sick and came into work for special treatment.' 'And don't forget the lollies, Mary's lollies, we've had that giant jar full for the last week . . .' 'No please,' I interjected. 'It's all great, but what I had in mind was cutting-edge stuff on the environment or farming that's appropriate to readers. Or queries we've handled with panache that show our skills and resources to advantage.' It was late on Monday afternoon and we'd been under pressure all day. Our magazine was looking good, but it clearly wasn't the best time for important matters.

Before we do look at the serious stuff, a few lines on a most auspicious occasion are appropriate. Several of us had the pleasure recently of sharing the wedding day of Kim in her home town, Shepparton. Kim was part of our team for a number of years in the nineties; she resigned to travel and enjoy blue skies and clean northern beaches, then returned for a few months to help us get settled into the office here when we first moved. It was a fairy-tale day, the sun shone brightly, Kim looked like a princess and her new husband, Daniel, a young prince. The wedding lunch was delicious, the celebrating joyous. I'm sure readers will join with me, and with Mary and David who also partook in the events of the day, wishing Kim and Daniel a happy life together and time to enjoy many GR activities.

Readers often share their tips for remembering or finding items they've seen in the magazine, but don't feel confident they can find again when looking in a hurry. The indexes are helpful, but we also have special lists of articles or resources for speedy access. We were caught out a week or

so back when a frantic reader rang for details for treating a white-tail spider bite. He recalled reading it and had searched through his back copies to no avail. He wanted the treatment to alleviate his young daughter's suffering. Ring back in ten minutes, Sue advised as Mary reached for magazines and began looking. She came up trumps with minutes to spare, the reader was most grateful for our help. We were particularly chuffed because he had confided he was a naturopath and, we assume, had access to other remedies besides the one in *Grass Roots*.

The National Allergy Association of Australia wrote recently saying they too must find obscure information for their members, often in next to no time. 'We have had many interesting enquiries since placing our latest ad in GR, ranging from "we are allergic to jumper ants", to the most common one, "please send us information on food allergies"'. We didn't even know what a jumper ant was until this question was asked.' You would know if you had been bitten by one, as readers have conveyed in the past the very painful reaction. The search for information on jumper ants took the NAAA down a number of paths, but they are pleased to be able to offer a 'NAAA Fact Sheet' on their research findings. Their advert is in the Grassifieds, but please include a SSA business envelope because they are a nonprofit association. And they added a 'thank-you' for our support and that of our readers.

It's time to talk about Feedback letters again and also to thank contributors for the information and generous spirit these mini articles convey. Keep them short – and that does include you, Roberino – and keep them coming. They are the high point of reading GR and have always been the most popular feature. The waiting time before getting into print is considerably less than in the past and we are utterly scrupulous about the order in which letters go in. There is no queue jumping. Keep them interesting, keep them short and keep them coming.

A recent letter to the office highlighted the importance of the contents



of GR, and this includes all those wonderful Feedback letters. 'I feel the magazine fills an urgent need in managing our environment and our personal ecosystems and a great job is being done by presenting the types of articles which promote self-sufficiency and recycling. If only we could get governments to work at a local level, as Grass Rooters do, instead of always taking the global view. I am sure if more assistance was available to individuals and interested groups more people would be converted to the GR philosophy.' Thanks Kerry Ann. It is remarkable what meaningful and resourceful lives have been developed by readers from all walks of life and all areas of Australia, proving that where there is a will there is a way. Local government bodies are beginning to acknowledge some of the benefits of green and clean living, and, really, the global catastrophes in farming in particular make our chosen lifestyles more desirable by the week.

I know it's considered bad manners to mention age once a person is past twenty-one, but we sent out a gift subscription not so long ago to a man who turns eighty-five this year. 'My father loves *Nimbin News* so I think he'll like *Grass Roots*,' wrote the thoughtful gift giver, Alex Hodges. Welcome to GR Walter Hodges, we hope you enjoy it and that we hear a little about your alternative leanings in the future. I hope I'll be able to sit back and enjoy *Grass Roots* when I'm that age and not have to produce it!

# VOYAGE OF DISCOVERY

by Patricia Anundsen, Boreen Point, Qld.



**'A hundred cheers for *Grass Roots* magazine,' wrote Patricia Anundsen. 'It changed my life. Thank you GR information sharers. Your generosity is like a pebble in a pond, sending waves of encouragement and know-how to infinity.' Now, by sharing her experience, Patricia is sending out her own waves of encouragement that, yes, there is a positive side to the human trauma commonly called 'mid-life crisis'.**

I've lived for 62 years. For the past six years I've cared for a five-acre property in the hills of Pomona in south-east Queensland. Prior to that I travelled aimlessly for 12 months, up hill and down dale along the east coast of Australia and far north-west Queensland.

Four years after I voluntarily retired from a merchant bank in Sydney, I sold my security-entrance Rose Bay unit (a minute's walk from the harbour, across the golf course to the French patisserie, Cranbrook oval next door on the other side, and twenty minutes to Sydney CBD), moved into a long-wheel-base Hi-ace diesel, and left my comfort zone

on a voyage of discovery into the wilderness of humanity, to Australian places and faces I did not know. In retrospect, it was as if I was operating on remote, working on intuition.

I was curious about this planet and the human race with its multitude of different attitudes. It seems to be my main study. I had lived in Children's World, Breeders' World, God's World, and Hi-tec Consumer World. The next step for me was Nature World. At times I was so doggedly lonely, I wept, but consistently following those despairing moments, miracles happened. I discovered the generosity of human spirit.

The first miracle occurred a few weeks out of Sydney. I became suddenly ill (broncheal asthma); so ill that I disregarded caution and pulled up on the side of a highway at night, locked the bus and collapsed. I awoke next morning still very sick, but thankful that I hadn't been murdered in the middle of the night. I drove on to find a lovely camp by the sea where I slept fitfully for three days, living only on water. When the crisis was past, weakened, but still alive, I ventured into Nambucca Heads and into an art supply shop where I met an angel who invited me to her home, a permaculture farm

just out of town. She and her partner welcomed me as royalty, fed me for a week on their pure produce and healed me. As well, they were a wonderful influence which motivated my present lifestyle. At the end of that week I felt I could 'leap tall buildings in a single bound'. I was awed and encouraged by the generosity of strangers. I wept, tears of joy this time, as I gave thanks for graciousness.

I arrived at Mission Beach in Queensland in one of those desolate, lonely moods. Before I had time to set up camp, a beautiful family (five children and mum and dad travelling in a big bus towing a four-wheel drive), invited me, a total stranger, on board for the birthday party of their second eldest. It was wonderful. My appreciation was boundless.

I'm convinced that angels look out for grateful souls. These are only two of the many miracles I experienced during my lone voyage. I was plagued, with fear on and off and the 'angels' taught me that there was no need.

The reason I arrived where I now live is yet another story.

I was tired of the real estate agents in northern Australia, so was heading south. As I was hurtling along the highway, I saw a sign to Crescent Head and thought, 'I'll just pop in and see Crescent Head on my way.' Well, lo and behold, my bus broke down right outside a Shell servo. It was the timing belt. Inside that service station was a young artist/mechanic who

*'I am discovering that the more I do for myself, the more confident I become.'*

diagnosed the problem and proceeded to fix it. I slept at the service station overnight and heard of a camping ground opposite the ocean at Delicate Knobby, about 10 kilometres south. I went there to have a rest and ended up renting an unlined rustic cabin for a few weeks. It was great; I used to have my morning coffee on the beach. While I was there I went to Kempsey for a poet's reading and no one but me turned up. Of the two who were running it, one lived in Cooroy, sister town of Pomona. I invited them to stay at the beach hut for a couple of days and mentioned I was looking for a nest. She said, 'There's one for sale where I live, it's very beautiful up there.' A week or so later, I was on my way to Cooroy to inspect the property. I didn't buy that one because of complications, and ended up here. A broken timing belt led me here.

So I found the nest which I still occupy with two loving dogs. Even they are miracles. At the end of my first week here I went to a market in Yandina. As I entered the market, a lady handed me a little brown dog. 'Would you like a dog?' she asked. I was taken aback and said, 'Err, I wasn't thinking of it... How much?' She said, 'Oh she's not for sale, she's the last of the litter and I think she will

have a lot of love with you.' So I replied, 'Yeah well she can come and live with me.' I realised later that she could well have been born on my birthday. How fortunate I was; she has enhanced my

life with her love. Another dog came to live with us about a year later. He was an abused dog rescued by a good Samaritan and brought to me, that's why we called him Lucky. We're a very happy family here in 'Dingoden'.

I've learnt the joy and the health-giving benefits of sweating for the land, of growing food for myself and wildlife, of fixing things I never ever thought I could. The sense of achievement I got from changing my first tap washer was mammoth. It was so easy; all I needed to do was have a go. I am discovering that the more I do for myself, the more confident I become. And though I sometimes miss the French patisserie across the golf course, the wonder of waking every morning to this awesomely beautiful natural environment beats the hell out of Rose Bay, carbon monoxide, bricks, mortar and bitumen.

So midlife crisis is good. In a voyage from the Sydney Central Business District to the rainforest of Pomona I have experienced the generosity of the human spirit and its opposite; found lovely new friends, a healthy satisfying occupation, a new comfort zone with clean air, food and water; and greet each day full of gratitude. I would never deter anyone from such an experience. ♣

- ★ Ha-Ra chemical-free cleaning is now available in Australia.
- ★ Sold to millions of homes and businesses across Europe since 1982.
- ★ No chemicals – fantastic cleaning.
- ★ The amazing Ha-Ra cleaning fibre technology means that the fibres do the work – no elbow grease – no chemicals.
- ★ Ha-Ra has the gear to clean it – floors, kitchens, bathrooms, offices, restaurants, carpet stains, clothes. No fuss, no chemicals.
- ★ Try our Mini Kit. Ideal for most surfaces in the home. The Mini Kit includes our Viva Ultra Cloth, Natura Cloth and Brilliant Polish Cloth II: \$65 plus \$8.25 postage & handling.
- ★ Or Saponella Natural Dishwasher & Washing powder. Safe, nonpolluting, free of chlorine, bleaches, and phosphates. Use Saponella in your dishwasher and washing machine. 5 kg washes 450 kg of clothes or 330 dishwasher loads. 5 kg tub \$67 plus \$8.25 postage & handling.

Commerce Cleaning, 33 Walsh St, West Melbourne Vic 3000.  
Orders hotline 1300-139-989.

Order on: [www.commercecleaning.com.au](http://www.commercecleaning.com.au) or call for a free colour catalogue.



Protect yourself & the environment

☐ Free Catalogue ☐ Mini Kit ☐ Saponella 5 kg tub

Credit Card (tick): ☐ Visa ☐ Mastercard ☐ Bankcard

N°

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_



# The Winter Garden

by Jenny Morcombe, Scaddan, WA.

With autumn finished, the pumpkin crop is picked and carefully stored, some of the produce is shared among family and friends as there always is a surplus, and then the garden is ready for winter planting.

The vegetable garden beds are always covered in a thick layer of mulch during summer. I used old hay to protect the soil this year. To prepare for sowing seeds, I removed the hay. Underneath were a number of compost worms, red tiger worms. I placed the hay on top of some weeds under the mulberry tree to smother the grass.

Following companion planting guidelines, I sowed the vegetables in short rows, with several different varieties of each vegetable scattered throughout the garden. I interplanted lettuce with chives and placed celery herb alongside. This method of jumbled planting has the advantage of creating an instant salad combination, as I find that the plants that complement each other in the garden often go together in the kitchen. Asparagus and parsley and basil is a good trio.

It is a good idea to plant root vegetables like carrots alongside leaf vegetables such as lettuce and chives as they do not compete with each other for space and light and food. Leeks and celery are another good combination, both in the garden and in the kitchen. They both require fairly heavy feeding and watering to grow fast and tender.



The pumpkin crop should be picked and stored before frosts settle on the fruits. Any that do become frosted must be eaten within a couple of weeks.

I interplanted various herbs throughout the vegetable garden and there is always bunching onion scattered about, particularly under fruit trees. Wallflowers self-seed under the apple trees alongside garlic and nasturtiums. This year I planted sage, chamomile, hyssop, phacelia, fennel, thyme and basil among the brassicas to deter pests and encourage useful insects. Last year I noticed that those cauliflowers growing among dill were free of aphids. Dill is another prolific seeder that reseeds itself.

Some new vegetables I have grown lately are the large annual, green orach (*Atriplex hortensis*), a fast-growing leaf vegetable, and mizuni, a smaller neat little leaf vegetable from Japan with attractive branched leaves.

A successful and pretty garden plant last year was the Jerusalem artichoke or sunroot (*Helianthus tuberosus*). I was given one tuber which I planted in autumn and it produced an amazing plant about two metres tall covered in pretty yellow 'sunflowers', followed by two buckets full of edible tubers. ♣



southern cross  
permaculture  
institute

## PERMACULTURE DESIGN COURSES

With Rick & Naomi Coleman Dip Pc  
Residential 13 day course on established site  
with internationally recognised teachers  
7710 Bass Hwy, Leongatha, Victoria  
Sept 21st – Oct 6th, 2001 (Next PDC March 2002)  
Call Naomi for a brochure on 03-5664-3301  
or email [scpi@tpg.com.au](mailto:scpi@tpg.com.au)

Cost \$675 includes morning teas and lunches. Free camping.  
Work exchange available. First 10 people get free Mollison  
book. 10% discount for couples. Half price offer if you've  
done a PDC before.

## THE BANQUET SLOW COMBUSTION COOKER

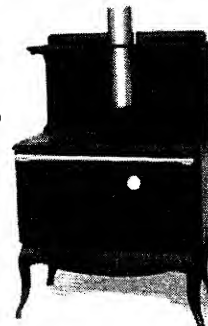
- Solid cast iron durability.
- Domestic hot water boiler.
- Overnight Burning.
- Large Oven & Firebox.

### 5 Year Guarantee!

Please contact us for Brochures  
& Nearest Dealer at.

Scandia Stoves & BBQ's

Lot 1 Melbourne Cres or  
PO Box 372 Seymour Vic 3660  
Tel: (03) 5792 2388  
[scandiaovens@bigpond.com](mailto:scandiaovens@bigpond.com)



Proudly Made  
In Australia

# BIODIESEL

by Phillip Richards, Yandina, Qld.

**This article developed from my interest in a friend's experiments with biodiesel. I do not give the recipe, it is, though, readily available both on the Internet and in the book *From Fryer to Fuel Tank*.**

To use biodiesel you need make no modifications to your vehicle, it is simply used in place of regular diesel. Biodiesel is a form of fuel made from vegetable oil and used instead of or as well as regular diesel fuel. Put simply, if you have some you pour it straight into your diesel engine car and drive off. You will never know the difference. The car's engine will be better for it because it lubricates better than the regular fuel. At its most basic, it can be made straight off the shelf – some no-name cooking oil, a pinch of caustic soda, and a shot of vodka. That's the only trouble, it's a bit expensive!

Most biodiesel makers source used and waste cooking fat. On the Sunshine Coast an engineer is using preloved cooking oil from a local restaurant to make fuel on which he successfully runs his four-wheel drive. In downtown Cincinnati McDonalds donates its used oil to the city bus company to make biodiesel to run its public transport fleet. Now the city smells like doughnuts. One side effect of running transport on biodiesel is that the stink of diesel fumes is replaced with a more pleasant aroma.

An experimenter in Britain is using biodiesel (the source of the material is the local chippy) to run his Volvo. His major problem is that the taxman has been asking him to pay excise – at the same rate as for conventional fuels.

Perhaps the most famous demonstration of biodiesel's efficiency and ability to replace fuel is the story of Joshua and Kaia Trickell, who drove their Veggie Van about 16,000 km around the USA demonstrating how well the fuel worked. They towed a home-built processor along behind and sourced used cooking oil along the way to make into biodiesel to run their van.

Running diesel motors on vegetable-oil-based fuel is not particularly new (Rudolf Diesel himself thought



An ordinary diesel-engine vehicle can be successfully run on biodiesel, with no engine modification. The biggest problem seems to be finding a constant, cheap supply of used vegetable oil.

that his motors would run on vegetable oil), but with the rising costs of petroleum-based products, as well as environmental concerns, the use of vegetable diesel as a viable replacement has grabbed interest. Biodiesel is vegetable oil that has been processed with caustic soda (as in soap making) and then had some alcohol added. As mentioned, backyard producers use waste cooking fat to make small batches of 20 to 100 litres. It can, of course, be made from new oil. There are three ways vegetable oil is used to run diesel motors.

- As straight pure oil. The best way is to start the engine using conventional fuel. When it is warm, change to veggie oil, and then change again so that the engine runs conventionally for ten minutes before turning off. A bit fussy. This needs two fuel tanks and some other modifications to keep the fat runny in cold weather. There is a fellow in Germany who says he runs his Mercedes on pure oil without problems.

- Pure oil cut with kerosene. This may be suitable for emergencies, but it

is not recommended by responsible writers.

- Biodiesel, which needs no engine modifications and has been run in a vast array of diesel motors, large and small. It can be made from waste material and processed quite easily in the backyard.

Diesels are especially prevalent as backup generators for renewable energy setups, large electrical generating systems, industrial machines, farm tractors, and heavy transport. Some car and four-wheel-drive manufacturers make diesel-driven vehicles. Diesels have a reputation for 'keeping on keeping on' and are very fuel efficient. They are especially efficient in small motors for small cars. Volkswagen have made a number of extremely fuel-efficient cars' with diesel motors which will run on biodiesel very well."

Vegetable-sourced fuel has some compelling advantages. It is carbon dioxide neutral, what is created during the combustion is taken up by the replacement plants. It is a truly green product. There is an almost infinite supply, so we are not using up rapidly

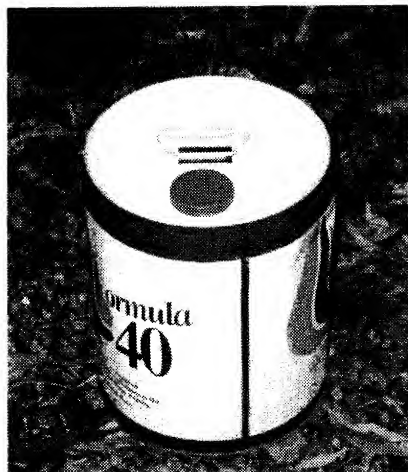
diminishing resources. Finally, it might do much for our farmers because it would be better to pay them for fuel than to send our declining dollar overseas.

Even a little would help. Where there are diesel electricity generators servicing remote tropical and subtropical communities, the growing and processing of oil might add to the economy and would save carting expensive petroleum products through what are often sensitive environmental regions.<sup>iii</sup>

A great advantage of biodiesel is that it is biodegradable and nontoxic and its by-product is glycerine/soap. If, for example, it were spilled in the ocean it would soon disappear. It is also easy to store (being nontoxic) and is much less likely to explode because its flashpoint is very much higher than that of regular diesel. We regard the cooking oil in our pantry as being benign and safe.

The problems with petroleum products are that they are limited – stocks are depleting and the cost will continue to rise (seems best guess of experts) – and they create pollution and contribute to the greenhouse effect. Each year we shell out about \$4 billion for oil, and it will increase. Our present import level is about 34 billion litres of oil, and growing. If we kept that \$4 billion in Australia, we could create jobs for possibly 100,000 people. Spending so much money offshore to fill our cars makes for a sick balance of payments.

Finally, the greenhouse effect is real. We do have to reduce our CO<sub>2</sub>



Biodiesel, based on vegetable oil, significantly reduces toxic vehicle emissions.

emissions and reducing noxious diesel fumes would be a start.<sup>iv</sup> Biodiesel emissions are much more environmentally sound than are those of regular diesels: CO<sub>2</sub> is reduced to zero, sulphur dioxide is reduced to zero, soot is reduced by about 50 percent, carbon monoxide is reduced, as are a whole swag of odds and smogs that come from the tailpipe. I cannot say whether the reduction of carcinogens, such as phenanthrene, by 97 percent is worthwhile or not, but it sure sounds good.

Biodiesel, then, has many properties that make it an ideal replacement fuel. There are plants in operation around the world especially in Italy (11) and Germany. It is a compelling picture – fields of sunflowers or canola soaking up the sun to be turned into car

<sup>i</sup> The Volkswagen Lupo: 80 mpg  
= approx 3 lt per 100 km

<sup>ii</sup> My farm ute, a 2.2 diesel, uses no more fuel than my fuel-efficient small car.

<sup>iii</sup> Palm oil is the best crop for oil production, supplying a possible mighty 5000 kg oil per hectare = say, about 4000 lt. Canola is maybe a fifth of that (1000 kg/ha).

<sup>iv</sup> Every 3.8 lt of petrol releases 10 kg of CO<sub>2</sub>.

fuel. Further, the processing is not very complex and one could imagine small manufacturers producing oil locally for local consumption. It needn't totally replace regular diesel, but could serve as a fuel extender. ♣

## HONEY LOCUST – AN AGGRESSIVE FOREIGN TREE

A pest fact sheet put out by Queensland's Department of Lands states that the honey locust tree (also known as McConnel's curse or bean tree), *Gleditsia tricanthos* L., can destroy pastures and native vegetation and inflict painful injuries to humans and livestock with its long spines. It is a major threat to the environment, spreads rapidly from seed, and has been declared a P2 category plant which means it must be destroyed. Originally from North America, it has been promoted here as a fodder tree, but has the capacity to replace native vegetation.

Heavy infestations occur at Toogoolawah and on the Darling Downs in the Clifton/Warwick area. Scattered infestations and individual ornamental plants are found throughout south-east Queensland and southern Australia. Honey locust can grow in most soil types, but prefers alluvial flood plains along rivers. It is drought tolerant and isolated trees need to be eradicated to prevent spreading. On arable land, deep ploughing can control dense infestations if followed by regular cropping. Fire, bulldozing and grazing will all help keep this pest in check. Contact the Land Protection Officers at Queensland's Department of Lands Offices for more information on controlling this aggressive foreign tree. ♣

readings  
healings • past lives  
release work  
on  
people, places & things

### Psychic and Energy Work with Fran Davidson

helping you move forward in life -  
effectively, efficiently & now

ph: 08 8331 2690  
all hours

earth work included  
Giles St, Magill SA 5072

## ATTENTION SECOND GENERATION GRASS ROOTS FAMILIES

To help us with a special feature in a future issue we would like to make contact with families where the parents are **long-term GR readers**, and now their children are readers too.

Please contact by phoning: 03-5792-4000, or writing to Mary Horsfall at: PO Box 117, Seymour 3661. ♣



# ADVENTURES OF AN ISLAND HOUSE MINDER

by Robyn Eades, King Island, Tas.

I'm in exile; hardly anyone knows where I am, so there are no visitors and the phone does not ring. (Mobiles don't work on King Island.) I'm minding house again. It's something I fell into; some friends needed someone to feed the silage to the goats while they were away, and there were the dogs and guinea pigs and chooks, so why couldn't I just take the children and have a holiday at the same time?

Some holiday! I still shudder when those particular friends talk about having time away. So many things just would not work for me in the same smooth way they worked for the owners. First, there was the new Russian tractor; with so many gears and hydraulic thingamees! Then, there was the silage. What a pong! Digging it out of the pit was only the first problem; getting it across the paddock without dropping it was the next; opening the gate and not running over the starving goats was another. Some animals did manage to have their dinner dumped on their heads, but all lived to clamour for more the next day.

Then, there was the generator! I'm not sure I should start to describe how I coped with this. I'm not really sure if I know. I live with a wind generator and solar panels to avoid the joys of diesel generators, and I could not really think why my friends would imagine I was capable of using one; let alone one in a hut way over near the woolshed. The location was planned so the noise wouldn't disturb the household, but I found not hearing it worse than hearing it. Lights would flicker and rain beat down hard on the roof . . . and who had to run out and switch the generator off? Luckily, the wood stove and candles were sort of romantic.

Then, the kids had to get to school. The bus came to a road corner, only about a quarter of an hour's drive away. With nothing but two gates and a gravel

road to cope with, it should have been a simple matter. However, only once did the bus actually come on time. So, twice a day there was at least an hour's disturbance and the agony of wondering if we had missed it, or was it just late, or had something even worse happened. No wonder my friends opted for home schooling their own children soon after.

Then, there were the gates. One person (at that time just recovering from an acute attack of sciatica) in a car has an almost impossible task when faced with farm gates that must be opened, driven through and closed again every time. And that is without mentioning sociable horses or affectionate dogs, or even hungry sheep and cows . . . or the rain!

The wood stoves would be simple. Except that the old trusty Everhot never was, and the heater couldn't do anything else! The owners eventually realised that I was not just joking and installed a wonderful Rayburn a few years later.



I forgot to mention the cow. Betty had to be milked only once a day, as her calf needed some of her produce. She is really friendly, just likes to keep moving. We moved all round those paddocks, and my desire for milk in my coffee waned considerably. Several calves later, and a couple of attacks of black mastitis, Betty still gives milk and cream with the same degree of affability.

Those friends never did believe just how difficult I found the task of minding their place and I found it too hard to refuse when they asked me again. Some things improved over the years, some things just changed. Now they are about to move away altogether and I am so sad that I'd gladly go through all the disasters over again to keep them here.

After that, my reputation was set, and I was in some demand. Unfortunately, school holidays are the most popular time, and these days there is a race to book my time ahead of the competition. I've become choosy too; no more generators. However, I have not found being hooked into 'the hydro' any fun either. Having to reset all the clocks and timers on gadgets that stop when there is a surge or a blackout is not my idea of having fun. What do you do if everything is electric? And why is it that with lights and switches all over the houses, there is nowhere I can see to read the paper or do some sewing once it gets dark, or even sometimes in the broadest daylight?

I used to think that I deserved a taste of the luxury of living like normal people and this was one of my early house minding motives. I'm sure that my friends thought they were offering some respite from my frugal Naracoopa existence. After all, I have a tiny, self-built cottage, with 'only' solar and wind power, tank water and not even a kitchen sink!

It seems like I can only find things to complain about, and I guess it comes from holding to a few set beliefs, one of which is to simplify. It also comes from a great reluctance to waste energy, my own or any other sort. I am amazed by how difficult some tasks become when youth and health are assumed. I have a friend in a wheelchair too, and trying to figure out how he can enter, or move, in some houses

is a mind boggling effort. Just thinking about my own crook bones shows a lot of 'facilities' to be major obstacles. Personally designed gate catches might be engineering masterpieces, but some require a certificate to operate! Every water system or woodshed is a reflection of the person who owns it. I have learnt to operate some of the modern appliances such as microwave ovens, push-button phones, answering machines, and a variety of wood heaters. Most are items I don't have or need at home.

The main reason people require me as a house minder is to take care of their pets. I'm not a doggy person at all and my own cat is extremely aloof, but I don't mind borrowing a few four-footed friends every now and then. My charges have ranged from a huge bear-like but very sooky St Bernard, to tiny but aggressive terriers. In between have been all sorts of oddities, such as axolotls, worms, pigs and emus. Once they know I'm there to feed them we quickly establish a relationship of sorts. I always imagine going for long rambling walks through new paddocks and down fresh tracks, but have discovered that dogs make these forays an exercise in all senses, and electric fences foil most of my pioneering. Because I am usually on farms, there are the other animals too, and beef cattle looking for their calves, or asking

for more feed, are most threatening to this sheep farmer's daughter. Going round the mobs counting new arrivals is very pleasant.

I have flexible arrangements as to pay and conditions; some people pay me, and others barter. Some regulars bake yummy things for me to eat and leave little notes for me to find. Sometimes I take my bus (when it is going) and am completely self-contained. I try to feel like I am having a holiday and often get a real surprise when I discover life going on as usual when I head into town from a different direction. One of the strangest things is having tarred road all the way, or only half the travelling time.

If I plan carefully, I get lots more done than when I am at home. This time I am knitting some of my stock of handspun wool. Another time I sorted out most of a suitcase of letters my grandmother had kept from her children, from the time they went to boarding school to when my father went to war. I'm saving *War and Peace* for my next booking of six weeks - it is at least easily packed!

One thing I do find is that all the cares and worries of home melt away in dealing with all the new and different conditions. I feel nostalgic yearnings to be home and have renewed appreciation of it when I do get back, for a while at least. ♪

## THE WORLD'S FASTEST GROWING DISEASE!

Diabetes is reaching epidemic proportions in our community. Nearly one in four Australian adults has either diabetes or impaired glucose metabolism. Impaired glucose metabolism is associated with substantially increased risk of future diabetes and heart disease. Type 2 diabetes (noninsulin dependent) represents approximately 85 - 90 percent of all cases and usually occurs in adults over the age of 40 years, but is increasingly occurring at younger ages.

Complications from diabetes include blindness, kidney failure, limb amputation, increased risk of heart disease and stroke, and impotence in men. The life-threatening complications of Type 2 diabetes can be significantly reduced by appropriate treatment such as lowering

blood sugar levels and blood pressure, which reduces the risk of heart disease, stroke and death, as well as diabetic eye disease and kidney damage.

Diabetes is often associated with high blood pressure and high blood fats, so the benefits of physical activity and healthy eating are essential if you want to reduce the risk of developing Type 2 diabetes. Regular visits to your doctor for checkups should detect any complications early. The doctor will check blood pressure, weight, feet and eyes at regular intervals. Blood tests are important to check sugar levels, blood fats (cholesterol/triglycerides) and kidney function. An annual test for protein in the urine detects early kidney problems. ♪



**FREE Tape and Report Reveal...**

## "How To Meditate Deeper Than a Zen Monk!"

If you'd like to meditate as deeply (actually more deeply) than a Zen monk, literally at the touch of a button, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilising a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of *deep* meditation — and causes the creation of new *mind-enhancing* neural connections between left and right brain hemispheres.

### Now a New Tape and Report Reveal..

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neuro-chemicals that can slow ageing.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your emotional health.
- How to heighten your creativity and problem solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to increase your motivation and confidence.
- How to have more happiness and "flow" in your life.
- How to heal emotional blocks.

The full report on this amazing new technology and Holosync® tape, worth \$19.95, are FREE to *Grass Roots* readers for a limited time.

**Call NOW for your  
FREE report and tape on  
Freecall 1800 70 70 47**

Earth Star Publishing, 31 Rokeby Rd, Subiaco WA 6008

# THE BOWER

## Reuse and Repair Centre

by Mark McKenzie, Marrickville, NSW.



**Operating from Sydney's first straw bale building, built by themselves in suburban Marrickville, a group of dedicated 'bowerbirds' proves that self-sufficiency begins where you are and grows from there. The Bower Reuse and Repair Centre is an inspiring example of city dwellers working co-operatively to build and run an enterprise that has become much more than its name indicates. Read how their achievements have improved both their quality of life and the environment.**

One of the best things about grass roots is that they can grow through concrete as well as clod. Here in the inner Sydney suburb of Marrickville, we're living what we can of the self-sufficient lifestyle by running a great little place called The Bower Reuse and Repair Centre.

Living your ideals in the noisy, metal 'stew' of the city isn't all that hard, it just takes a particular breed of stamina. Over the last two and a half years, we've created what we dream will be part of city life from here on. We now revel in our co-operative-built straw bale warehouse – cool in summer, warm in winter (and the only straw bale building in Sydney) – where

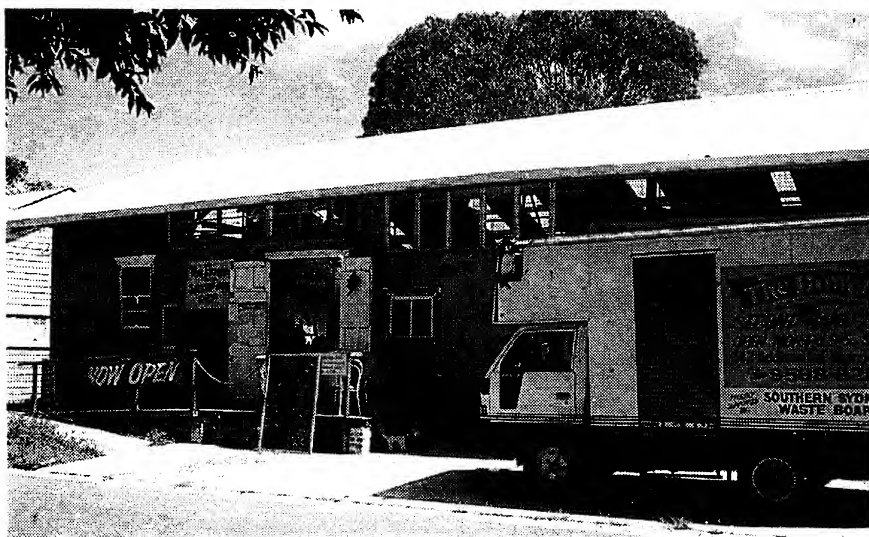
we recycle loads of household items once destined for landfill. The Bower being a reuse centre, we collect one person's 'garbage' from households or council cleanups and sell it as another person's 'treasure' through our centre. From lounges to dentist chairs, from old fridges to steam baths, from antique taps to kitchen sinks, we're always amazed by what people throw away. Being also a repair centre, we fix tossed out appliances and are forever gluing great old bits of furniture. Mooshie, our Bower cat, tests out our old lounges for comfort.

None of us work full-time here, but share out the employment between as many of us as possible. Being nonprof-

it means we measure success in terms of people with jobs they love. While some of us dream of life outside the city, we also believe that life within the city demands to be lived as self-sufficiently as possible. Our lifestyle choices keep us in the city for now, so we make the most of it. Both co-ordinators here (one a long-term *Grass Roots* reader) keep vegie gardens, one complete with very contented chickens; many of us are in the local food co-op, and all of us have homes furnished and decorated from 'landfill'.

The Bower started life after a local EarthWorks course. Our group got together in the belief that no matter where you are you'd best start by look-





The community-built, straw bale Bower building houses a team of people dedicated to conserving the earth's resources and educating others to do the same.

ing after your local area. After gaining an environmental grant, and the approval of an enlightened council, we decided to build in straw bale at the local community centre to show how alternatives can be achieved wherever people have the will.

Great days were had with Bower helpers learning straw bale building, though not without adventures. The day in August the wheat straw was delivered was also the day that Sydney copped its largest and most sustained deluge for years. It was all hands on deck, with some of us frantically unloading both semitrailers while others ran around borrowing and raising tarpaulins to keep the load dry. Isn't it strange how those nerve-racking times seem funny a couple of years later?

The footings were laid from recycled bricks and soon we had walls appearing above the mud. As any GR person knows, tenacity is a quality that will see you through the worst of times, even when others call it stubbornness. Post-and-beam construction was all from timber lengths sourced from demolition sites. All 'bower-birds' involved were drafted as urban scavengers, and we shortly found all the doors, windows, fittings, lights, and much of the roofing just lying around in skip-bins and laneways. The trusses for the roof came from the tearing down of an old wing of the Royal Prince Alfred Hospital. It's not every day that 12-metre steel trusses just show up, so someone up there liked us.

Though we reused an existing concrete slab, we had to finish the floor area with pavers and extra concrete. On the last day of 1998 the building was finished. We loaded in our collected and donated waste items and opened the doors in the new year.

A tip for rendering your straw bale: think long and hard about your colouring. Our first attempt looked great going on, but dried a kind of bleached plum. Oddly, we now have a lovely golden sandstone render on the rest of the building.

Since opening we've expanded our repair ideas from the simple 'fixing and gluing' we thought would be needed. Huge numbers of electrical appliances go to landfill with the smallest of faults, so now we fix any we can, and safety check too.

We started up workshops for people to learn basic repair skills, once taken for granted but now being forgotten because of so-called cheap replacements. Cheap here must mean the mentality of the producers, because we all have to pay through rates and loss of living quality for anything useful to be just thrown away. Local people of all ages have learnt how to do minor electrical repairs, to fix or restore old furniture, or to make themselves a bike out of old parts. We hope that the more people can fix for themselves the more self-sufficient they'll become, and the less waste we'll see.

We find basic repairing is just one of the skills we're teaching people.

## EarthWorks

A NSW EPA & Friends of the Earth initiative, designed to educate the community about strategies to reduce waste in daily life. A major goal is to create outreach workers who can influence the local community. An EarthWorks course covers an introduction to minimising waste, recycling, home composting, worm farming, and no-dig gardening. ♻️

At the Bower we love making something entirely new from rubbishy bits and pieces, like a fish smoker from an old fridge, great handbags and boxes out of dresser drawers and cat-food tins, or the most amazing little toy truck with headlamps from old goblets. One bit of bush craft we'd like to have a go at here, but need some photos or plans of, is a rounded kitchen cupboard made from a 200-litre drum, with drawers cut into the sides. Can anyone help?

We know there are lots of tip shops around the country now, all committed to the same ideals, and we're just an adaptation to local conditions. We've often thought about how the idea translates to smaller towns. As long as there are people who like to reuse there's a market, and the crafting of new things from old is proving a valuable sideline. It just might make the difference to people living in areas without much in the way of jobs.

A future plan for the Bower is to put a solar array on the roof, feeding back to the grid while covering our own modest electric needs (the building was designed with passive solar principles in mind). Out the back we've just put in a little garden, watered from our own 3000-litre rain-water tank. We use an old polypipe and ball diversion valve, with a ten-minute run to clean the roof. To be confident the water is potable we're connecting a demonstration solar still to purify the water. And, given the five-minute walk to present facilities, we're eagerly awaiting a composting toilet.

Do drop in and say hello if you're near. The city needs more of the GR mentality.

The Bower is located at Hut 34/142 Addison Rd, Marrickville 2204. Ph: 02-9568-6280, fax: 02-9564-1034. ♻️

# WOOLLEN WINTER WARMTH FROM OLD ELECTRIC BLANKETS

by Nicole Casson, Koorawatha NSW.

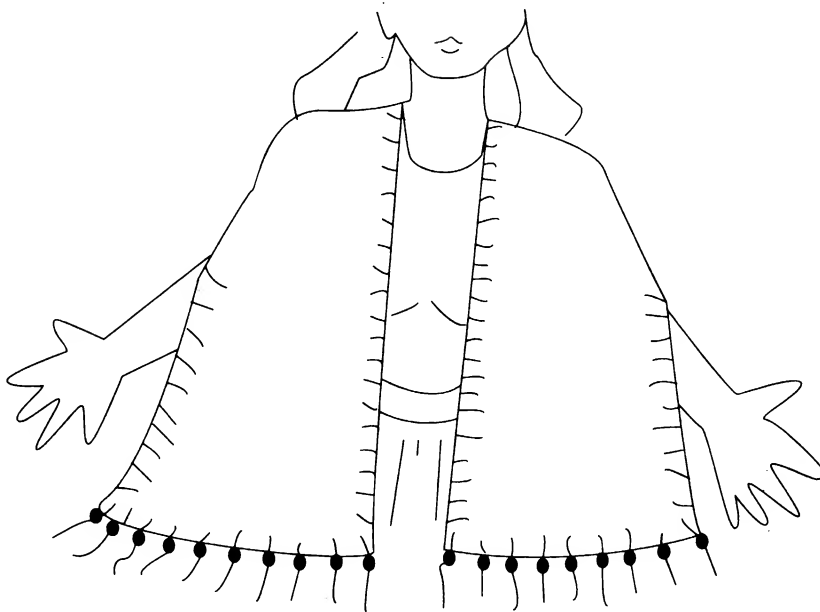
Don't throw away those old electric blankets, they are a great potential source of woollen winter warmth.

Make a small cut at each end of the blanket where the wiring is inserted, pull the wire through and cut it with wire cutters or pliers. You will probably have to discard the corners where the electric cords are attached.

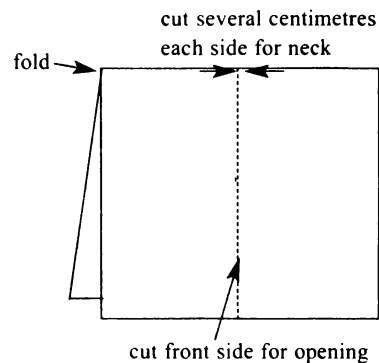
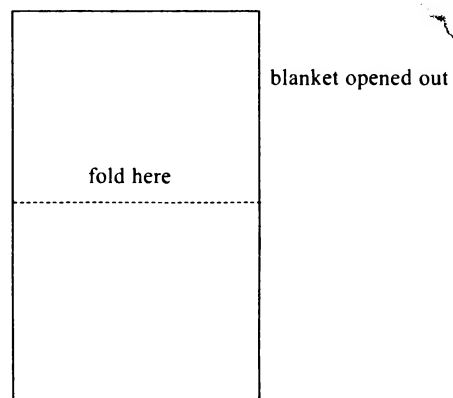
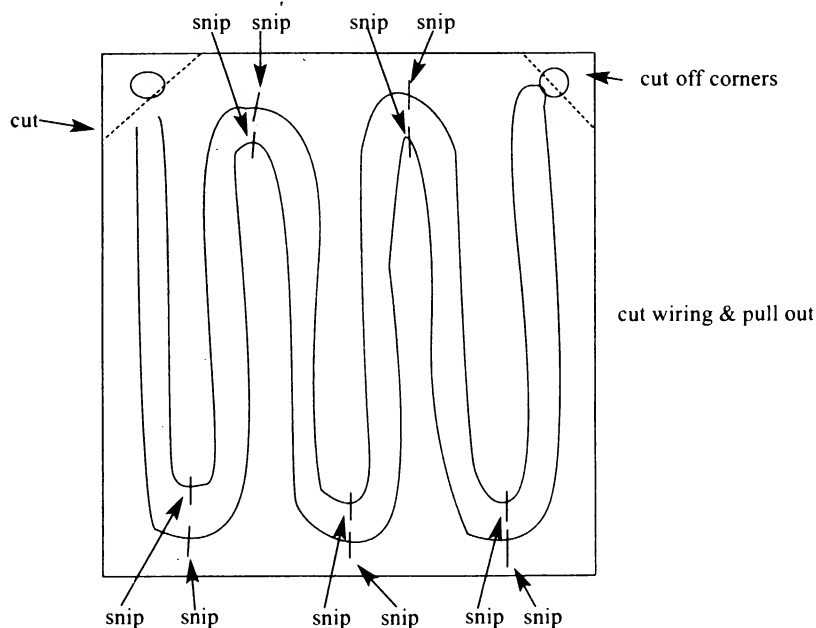
Pull the wire out of the blanket and you have a double layer of woollen material. This can be used as the basis for a wagga (instructions in GR96) or a poncho; or a double bed electric blanket will supply you with enough fabric for a child's dressing gown. I recently bought a double electric blanket (not working) from an op shop for \$1.50. They are often sold for dog blankets.

To make poncho, use a single blanket and fold it in half width-ways, then cut up the centre of the front half. Blanket stitch or crochet around all edges and attach a fringe on bottom edges if liked. ♪

## Poncho



## Cut Out Wires



# A NATIVE GARDEN

## New Zealand Style

by Julie Doyle, Manawatu, NZ.

They meant well, those farming pioneers who thoughtfully planted *Cupresses macrocarpa* (Monterey cypress) hedges over a hundred years ago to withstand gale force Manawatu winds. Painstakingly manicured annually, these hedges can be a source of pride and beauty, or, when sadly neglected, as is often the case, they can become bedraggled, unsightly and downright dangerous.

The hedge around our house dithered between the two extremes. In places it was a priceless asset – a crisp evergreen backdrop to the garden, giving protection from wind, vehicle fumes and traffic noise; a haven for birds, sleeping cats, hibernating hedgehogs, stray tennis balls; and a great

hide-and-seek climbing frame for children of all ages. Where it had been badly tended or totally ignored, it was a fire hazard of accumulated debris, an eyesore, a waste of good land, overgrown; a threat as jagged, split boughs dangled precariously.

Our neighbour's macrocarpas, untended for generations, are huge and unwieldy, their dead and dying branches jammed in tangled forks writhe and jolt, waiting impatiently for the next gust of wind to topple them. In November 1994, gravity overtook one huge trunk and it was hurled, during a furious storm, onto our garden, flattening a pergola, a fence, a gate and a rosemary hedge, seriously unnerving the lemon tree and

demolishing the tent the children had slept in a few nights previously.

Shards of branches impaled the soft ground and it took days of sawing, raking and digging to clear away the rubble before we could reassure the lemon tree, gather its considerable harvest from the ground and resurrect the fence, gate and pergola. The rosemary never quite recovered. A lemon-scented tea tree (*Leptospermum petersonii*) near the pergola, split diagonally and, left to its own devices, had the panache to regenerate, like the true Aussie it is.

Well before this disaster, we had decided to replace the hedge with a more manageable, appealing, ecologically appropriate copse of native vegetation. Growing up in coastal NSW in



Originally 'the bridge to nowhere over nothing', it's now part of a meandering track through the bush.



An old ditch, enhanced with a spade and lined with rocks, became a miniature creek.

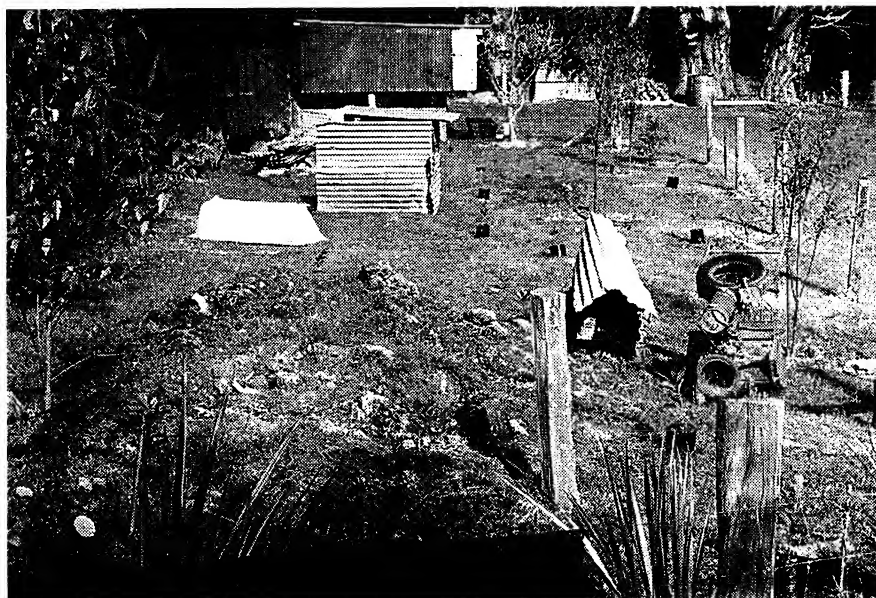


the 1960s, I never questioned the value of the bush. It was just there and we children explored and hiked to our heart's content. There was a comfortable security in knowing that our particular patch of bush, as a water catchment area, would remain undisturbed by developers forever. After travelling, and settling in New Zealand, my old love of the bush came back to me as small children tested my sanity and I longed to recapture the essence of my childhood forays into the wild. Just to step outside my back door and stroll through bush again . . .

I read the series of articles in GRs 89 and 90 entitled 'Wildlife Corridors for Every Farm' with intense excitement because it was exactly what I wanted. There are no native animals indigenous to New Zealand, but there are native birds that need protecting, and the bush, the native flora. I feel a very strong bond with native plants wherever I live.

At about the same time I began visiting gardens on scheduled tours and was amazed and delighted to find a stand of native trees in a tiny backyard in a city suburb. A 40 year old kauri (*Agathis australis* – related to the karri of WA) stood tall and commanding amid a selection of other trees, shrubs and ferns collected and nurtured over the years by a couple dedicated to preserving the natural heritage.

Another gardener had tackled the omnipresent macrocarpa hedge by clearing away the rubbish on the north side, leaving the south side to continue growing and protecting their microclimate. Where the tangle had been removed, geraniums and other perennials, annuals and shrubs grew and flourished. The rugged, exposed hedge was



The 'bush' area shortly after having been fenced in 1992. The bigger trees have been freed of their drums, but there is still much 'junk' to be relocated.

a magnificent foil for the delicate colourful flowers scrambling up the bare trunks. I would need to adapt this concept because our cleared area was on the south side of the hedge and we would need to select plants that would appreciate less sun.

The GR articles served to strengthen my resolve to keep the new area of my garden truly native and as far as possible botanically authentic. I researched the flora native to our area by reading books from the local library on plants that grew here before European settlers came and indiscriminately cleared the swamps.

I eagerly took advantage of the opportunity to attend a landscape gardening course in the nearby community centre. I was foolhardy enough, toward the end of the course, to host the participants coming to my garden to share my dreams and offer suggestions. We made our plans public and soon plants began to appear. Local native trees with self-sown seedlings underneath were thanked for their contribution to our project. A friend turned up with dozens of trees for us at \$1 each. His father had lovingly propagated them all from seed.

While the new native area was still part of the sheep paddock we used mostly 200 litre drums, with the ends cut out and slits cut into the sides, to protect the little trees from the foraging animals. We raised the drums off

the ground with three bricks so air could circulate around inside to prevent the trees cooking during summer. We hammered three stakes equidistant around each barrel to prevent the sheep pushing them over. For some trees, we were lucky enough to acquire wooden pallets which were nailed together. We have been able to plant trees in the paddock as well. The wooden pallets are more successful than the drums because they allow more air circulation and the sheep can have a good scratch without pushing the surround askew.

By October 1992 the native area was fenced in. It was so good to be able to take the drums away and let the trees grow free. I wasn't keen on spraying to control weeds, so I laid about four thicknesses of newspaper on the short grass around the established trees and the new trees we were now able to plant, and covered this paper with barley straw from a local farm. I have very little trouble with weeds and only water the trees when it is really dry, although the hedge still greedily sucks up every drop of moisture it can. I pull out errant weeds and nonnative garden escapees each time I walk through the native area, but whenever the weeds become invasive I simply throw on more mulch – straw, grass clippings, untreated sawdust, bark. If the weeds ever get away on me I just put another layer of newspaper and straw on top. As the trees have

## Making Money From Home

Published since 1980  
**AUSTRALIAN BUSINESS & MONEY MAKING OPPORTUNITIES**

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p+h) with your name and address to:

**AB, Po Box 518, Dept GRM, Sth Windsor 2756.**

We also produce the following guides: 101 MONEY MAKING OPPORTUNITIES, HOW TO PROFIT FROM YOUR HANDICRAFTS & HOBBIES, HOW TO START A MAIL ORDER BUSINESS, MAKING MONEY FROM FLEA MARKETS, MAKING MONEY WITH YOUR CAMERA, MAKING MONEY WITH YOUR HOME COMPUTER, START YOUR OWN IMPORT/EXPORT BUSINESS, HOW TO ORGANISE A SUCCESSFUL HOME-BASED BUSINESS. FREE DETAILS SENT ON REQUEST.

**FAX: 02-4577-6942 OR VISIT OUR WEBSITE AT: [www.profitcentre.com](http://www.profitcentre.com)**

AAA Media, 3 Bradley Road, South Windsor, NSW 2756

developed a canopy, the weeds are becoming less of a problem.

When the fence was in place and the main trees were planted, I allowed for a winding path to traverse the native area. I keep this trimmed regularly so that the walkway that has evolved can be used daily. Although I wanted to create a natural bush feeling, I like to be able to walk through without getting tangled up in vegetation and spider webs.

During the landscape gardening course, we visited a place called 'Karaka Grove', an area of native bush preserved by the Horticulture Department of Massey University, Palmerston North. The pathway through it was natural and appealing and I decided to incorporate the idea into my new native area. I lined the path with rocks, bricks, anything I could get hold of.

Another garden I visited had a delightful stream of running water weaving alongside a path. There was an old ditch in our native area which I was able to enhance, with the help of the spade, to form a tiny creek. I rigged up a pipeline from the pump which delivers artesian bore water, a godsend in dry weather, so that our creek could be a running stream. Children who come to my garden make a beeline for the little creek and spend hours there, just as I did at the local creek back home at Darkes Forest when I was a child. I have to find a way to silence the pump because it detracts from the tranquil effect of the flowing water.

Meanwhile Donnie was still clipping the hedge each spring as I tore around the countryside gleaming ideas. I'd take photos because he *would not*

come garden touring with me. For Christmas 1996 we were asked to host a garden party, an ideal incentive to have the garden looking its best. We collected rocks from the local river bank to line the creek and Donnie built 'the bridge to nowhere over nothing'.

The brick steps were the last frontier, breached by the children, who had refused to have anything to do with the project during the years of establishing it, except playing in the creek. They insisted on taking over and not only discussed the process and planned the layout, but undertook sawing, digging, rearranging edgings and paths, and planting of this area. Amazing, isn't it, how children can feign disinterest throughout childhood and later become adept at what their parents have worked on for years?

Now I can walk out the back door, around the apricot tree and water tanks, and slip into my own little paradise, enveloped by bush, follow the path around and down the steps around the cabbage trees (*Cordyline australis*), continue on over the bridge that actually goes somewhere now, along past the macrocarpa hedge that still commands a presence, under the canopy of whau (*Entelea arborescens*), look into the paddock at the native trees protected from the grazing ovines, and listen to the birds (not many natives as yet but we are ever hopeful they will come as the trees mature and produce berries and attract insects for them) that have come to share our bounty.

This native area gives us so much pleasure and satisfaction and the bonus is that the children are now grown up and I am still sane! Thank you *Grass Roots* for your inspiration,

encouragement and priceless suggestions for feeding the dream! ☘

## SUGGESTIONS FOR DEVELOPING A NATIVE AREA

- Look carefully at what you have – assets, difficult areas, needs, available resources. Use whatever is available to achieve your goals. If you don't have what you need, find out where to get it and beg, borrow or barter. Accept that sometimes it is necessary to buy plants, equipment and other resources.

- Research what is native to your area. Check out your local library (ask the librarians for help if you need to, that's what they're there for) and local environment groups, have a look around at what grows well in your area.

- Site preparation: clear the worst of the weeds, lay a bed of newspaper and mulch, mulch, mulch.

- Take into account the needs of plants and how they will grow, what size you can expect them to be at maturity, and be prepared for losses and sacrificing of branches and sometimes whole trees when they become too big or outlive their usefulness. Use nurse trees where necessary to shelter more valuable plants until they are established, before cutting out the nurse trees. (Tagasaste is excellent, a fast grower and good stock feed.)

- Enjoy your patch of self-proclaimed paradise and feel satisfied that you have helped the planet.

## THE SOLAR BLOKE

Remote Area Power Systems  
Sales, Service and Installation  
We Supply Complete Systems for Installation  
Upgrades of Existing systems  
STOCKIST OF MAJOR BRANDS  
SEIA FULL MEMBERSHIP & ACCREDITATION

Rear 27 Lyttleton St., Castlemaine 3450 Phone: 5470 5890 AH: 5475 2062

## ALTERNATIVE EDUCATION

study at home

NEW 2001 HANDBOOK AVAILABLE NOW

ONLINE BOOK & VIDEO STORE

FREE CAREER COUNSELLING

300 COURSES including: \* Organics \* Herb Culture \* Aromatherapy

\* Aquaculture \* Alternative Energy \* Self Sufficiency \* Starting a Nursery

\* Running a B & B \* Freelance Writing \* Photography \* Writing a Web Site

\* Starting a Small Business \* Pet Care \* Horse Care \* Poultry \* Human Nutrition \* Psychology

Australian Correspondence Schools

264 Swansea Rd, Lilydale, 3140,

P.O. Box 2092, Nerang MDC Queensland 4211

Phone: 07 5530 4855 or 03 9736 1882 Principal: John Mason

Web <http://www.acs.edu.au/hort> E mail [admin@acs.edu.au](mailto:admin@acs.edu.au)



# WATCHING THE CHOOKS

by Serrian O'Connor, Box Hill, Vic.

The girls were released this morning; out into the sunlight after 44 days in a windowless shed. Their only exercise area had been a two by two metre wire-enclosed yard with broken concrete floor. The lock-down was due to a dawn raid which left one chicken dead and one missing. Fox numbers are increasing in the suburbs.

Backyard chickens satisfy my latent farming instincts and are a legacy of years of holidays on a Sussex farm, 'helping' with my uncle's dairy herd. Those Channel Island cattle were the love of his life, next to the Brighton and Hove Albion football team. Cows being a little over the top for suburban Box Hill, I've settled for chooks. Whitehorse council allows six per household, not a bad number for the average family. Mindful of neighbours, we do not have a rooster.

Eggs provide quick meals and instant gifts. Pellets and grain, available at supermarkets but cheaper from feed stores, with warm mash on winter mornings, keep our poultry happy. Food scraps add variety to their diet, and their soiled sawdust litter goes in the compost which then feeds the vegie beds. Foxes excepted, our chooks die of old age – culling for the table is beyond us.

Our flock may not be economical in a dollar sense, but home-produced eggs have golden yolks and a superb taste. Then there is the therapy value. There is something deeply soothing about watching a flock of poultry intent on hen business – a timeless quality, like bees in clover. Our foster children love to scatter grain and collect eggs. It is a means of boosting self-esteem and teaching care for others. The fowl therapists are at work again as a tense, troubled child squats in the dust, grain-filled hands stretched towards her new friends.

Life has not always been friendly for our birds. Ex-battery hens, they were once confined far tighter than the small shed. Kept three to a wire cage,

each had less standing area than the size of an A4 sheet of paper. There are rows of such cages, their inmates keeping up a constant low murmur – distress? despair?

The RSPCA says there are approximately ten million birds in battery systems in Australia. Each bird spends around a year cramped in a cage as small as 40 centimetres high. They cannot stretch, preen, or even turn around comfortably. Natural instincts are thwarted. The wire floor can damage their feet and there is nowhere to lay in privacy. Denied sunlight and dust-baths, the birds resort to pecking each other. Perhaps death is preferable.

Our springing of half a dozen of these inmates was not altogether altruistic. Ex-battery birds are considerably cheaper than most poultry breeder stock – about two dollars a bird instead of twelve or more. There is also the satisfaction of watching cowed, half-naked creatures discover life on the outside. After six to eight weeks they are unrecognisable. They have learnt to scratch for grubs, have found the best bathing spots and can lay in the dark comfort of a straw-filled nesting box. Their soft clucking and full, sleek plumage suggest peace and contentment.

For those considering a home flock, *Jackie French's Chook Book* is informative, reasonably priced and eminently readable. Australorps are one of her favourite breeds, a good all-rounder, producing about 250 eggs a year. 'Each breed and each chook,' she writes, 'has its own personality.' True. One of our current flock artfully lurks by the gate, hoping to repeat her one-time escape to the seedling bed. Another frequently perches on a stump, uttering hoarse, strangled cries. Taking over the rooster role perhaps? Pecking orders really do exist. The dominant hen in an all-female flock will take the highest roosting spot on the perches and will argue over choice food scraps. Add a rooster and he will



Ex-battery white hybrid hens like this contemplative one adapt well to a backyard lifestyle

become top bird, but will courteously direct his harem to the best foraging sites. Some hens tolerate being stroked, others are decidedly skittish. Most use the nesting boxes provided, but one of ours insists on laying her dark brown eggs on the ground in a corner of the shed. It must be one of the Rhode Island Reds as the White Leghorns lay white eggs. There is no actual difference, but brown eggs always seem more wholesome.

Poultry prefer quiet. Loud noises will put them off the lay for days. Give them an airy but draught-free house with smooth perches, and dark, softly lined nesting boxes, and access to food and fresh water. A few cloves of garlic in the drinking water will help prevent worms in your flock. Growing vines over your chook run will provide the sort of shade they like, reminiscent of their jungle origins. Choose deciduous vines and your birds will enjoy winter sunlight while being kept cool in summer. Both Jackie French and Dorothy Reading recommend spraying distressed birds on really hot days. Either ours have never been distressed enough

or have not read the appropriate books! Each time we have tried gently wetting them they have been most indignant, retreating to their shed and complaining bitterly. Perhaps the sprayed roof and fresh water were enough relief.

As we learnt to our cost, fences need to be set into the ground or have a rim of heavy rocks. They also need to be too high for foxes to jump over. Slack wire, rather than taut, is advisable for the top strands. It helps deter foxes from coming in and chickens from going out. You might prefer to have a movable run and shut your chickens up at night once they have retired to roost. A small garden shed can be adapted for use as a chook house, or you can indulge your creative fantasies with wood, wire and tin.

Whether you name your flock or keep them impersonal, taking kitchen scraps to the birds and returning with a handful of eggs is decidedly satisfying. In an increasingly consumer orientated world, backyard hens provide a small but meaningful measure of self-sufficiency. They fulfil the demands of my independent Cornish ancestry and rural Sussex upbringing.

It is not just live chooks that are soothing. Chicken motifs, and paintings such as McCubbin's 'Winter Morning', 1908, have the same ability to calm and relax. Perhaps it's the sense that if the flock is peacefully scratching, fluffy rumps upraised, then no danger threatens, and all is right with the world. I suspect I would feel lost without my poultry. Where would I go to sit and unwind when life has become tangled and tense? It has taken me many years, but at last I have learnt to listen to my inner being, to trust my instincts – and to take time to watch my chooks. 🐔

### DO YOU HAVE A POULTRY PROBLEM?

Want to know more about Poultry?  
Having trouble obtaining reliable Advice?  
Want To Keep Up To Date With Poultry?



*Australasian Poultry is the only magazine of its type in Australia. Look for it at leading newsagents, priced at \$5.28 per copy, or have it delivered regularly to your letter box for only \$30.00 per year and includes GST for the last three issues.*

**Poultry Information Publishers**  
PO Box 438, Seymour 3661  
Ph (03) 5792 4000

# HAPPY CHOOKS LAY MANY EGGS

by Skye Crowe, Cobram, Vic.

I was encouraged by Jill Brown's story (GR134 'Healthy Hens, Learning The Hard Way') of having healthy hens and took her advice wholeheartedly. My chooks are now so happy they will not leave my side when let out to forage. I am their new-found friend and 'worm lady'. I am the silly bugger who digs up all their worms for them. They go crazy with excitement as soon as they see me with a shovel and sit on top of it while I'm digging, in case they miss out on the juicy worms that I dig up. At first I thought they wouldn't forage for themselves, but after watching me for a while they soon got the idea and they forage everywhere, but as long as I am close by. They are fine as long as they can see me, if they can't, they run back to the hen house as fast as their little legs will take them.

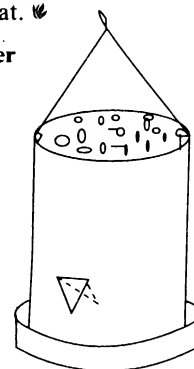
They are excellent chooks, we had six to start with, but one was acting really silly and very aggro, so she got the chop and we were soon having roast chicken for Sunday lunch. The other five are wonderful, we get nearly two dozen eggs every week. I feed them pellets and wheat, green vegie scraps and shell grit. As well, following Jill Brown's advice, I now give them Lugol's Iodine Solution and garlic in their water every week, and yes, I have found a big improvement in the chooks. Before I used these two things the hens were always scratching with lice, but I must say that soon after starting this regime all of their scratching has ceased.

I know chooks are only chooks, but I do get a lot of joy out of watching them, and even enjoy them going for a 'walk' with me. Especially if I have the shovel in my hand, they will go anywhere with me! So all in all I must say I am very happy with my lot, especially as they were once battery hens! We were advised not to get battery hens, but I checked them thoroughly and they were the best battery hens I have ever

seen. They were, and still are, in tip top condition, and they produce beautiful eggs. I know a chook is a chook is a chook, but I love them and their eggs.

Before I go, I have an old-fashioned mouse catcher for the hen house. Thanks again Jill Brown, your two methods – garlic and iodine solution – work a treat. 🐭

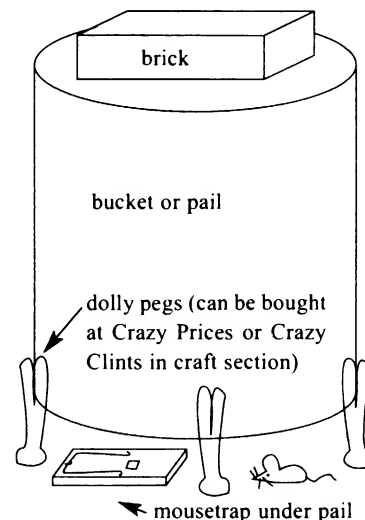
### Swing Feed Hopper



Suspend a tin/bucket, cutting V-shaped holes on opposite sides and pushing the resulting flap in (stops feed pouring out). Attach a pot plant saucer to catch dropped grain.

### Mouse Catcher

one brick to stop bucket from tipping



Four dolly pegs slipped over the rim of bucket to serve as legs to raise bucket off ground so that the mice can enter and the chooks cannot.



# ANITA'S HERBS

## PROFITABLE PART-TIME BUSINESS

by Anita Fundak, Mildura, Vic.

In February 1950, at the age of seven, I migrated with my parents from Czechoslovakia (now the Czech Republic) to Australia. During my secondary schooling my ambitions were to become an air hostess, marry and have children, and live on a farm. So far I've achieved all this. The farm is six acres in Irymple, approximately seven kilometres from Mildura, where my husband Vince and I live.

We have four and a half acres planted to Waltham cross grapes; these are used as table grapes or dried to make raisins. There is three-quarters of an acre of drying racks and grounds, and the remainder comprises house, sheds and gardens. While our three daughters were still living at home I bred dairy goats for about 15 years, beginning with one goat, mainly due to my intolerance of cows' milk. This little venture snowballed and I adopted several orphaned goats and some that people no longer wanted or for one reason or other couldn't keep. At one stage we had five does in full milk production and 15 kids, at the same time I was working full time, so life was rather hectic.

By the time the girls left home one by one, a few of the old goats had gone on to greener pastures. When more and more nondairy beverages became available the need to keep a goat just for my own use became unnecessary and my last nine-year-old friend was put down.

One day while gardening I was taking armfuls of prunings from perennials and herbs to the compost heap when I thought 'what a waste'.

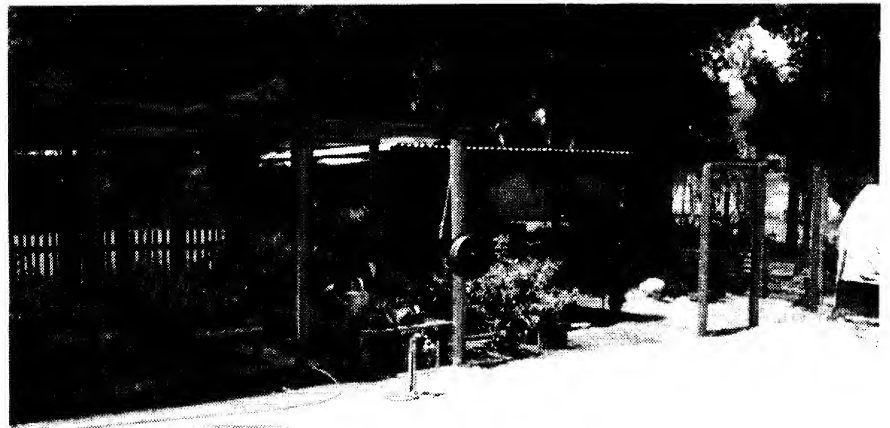
'Anita's Herbs' was born. Instead of composting the lot, I took softwood and semi-hardwood cuttings, and a few weeks later sold the plants at our local fortnightly market in the mall.

As demand increased I decided to do things properly. After weeks of phone calls to local nurseries for addresses and phone numbers, I began



Above: Anita and Vince at the fortnightly local market in the mall.

Below: The herb nursery under shade cloth. Anita pots a variety of herbs every 4 - 6 weeks.



to order seeds, pots, tags and potting mix. These come from SA, NSW and Victoria, by mail, train and road transport. The project has gone extremely well, and I could probably have had a very profitable business. However, because Vince and I are both retired we

don't really want to be tied down seven days a week for most of the year, so it has remained a hobby.

We wholesale from home, at our local market and at the occasional market away. Over the last few years we have sent herbs to various parts of



Part of Anita's own garden including a patch of 'parent plants' which are used for propagation.

Australia. This will come about because someone has been to Mildura on holidays and visited the market, then returned home and told friends. Most of our advertising is done through word of mouth and a small business card which we hand out at markets. At the end of summer I usually advertise once or twice in our local paper to have a clearing sale and prepare for next season. From my small beginnings we now have over 50 varieties of culinary, fragrant and repellent herbs and cottage plants from late September to early June. Even though we use medicinal herbs ourselves I do not sell any, as I believe this is best left to people like qualified herbalists and homeopaths who know how to prepare them correctly for use.

Because it is a hobby we haven't had any marketing problems. I pot several dozen of each variety approximately every four to six weeks for a continuous supply throughout the season. Once or twice we've had a phone call from someone who thinks we are a large nursery and wants 1000 plants right there and then. These we direct elsewhere. We do cater for larger orders, but these must be lodged by late July, with half of the cost as a deposit. This became necessary after a couple of people ordered large quantities of a particular herb and then were never heard from again.

It's all been trial and error, but that is the best way to learn, lots of reading, research and asking; but it's great fun. Even though the potting days are very busy at times, and watering three to four times a day in summer (with our temperatures sometimes between 42 and 45°C) can be very trying and tiring, in a way it's also relaxing because we meet many people from different parts of Australia who are becoming more interested in herbs and their uses. ☘

## Goozeff Seeds

Pty Ltd ABN: 65058283677

- \* For all your Australian native seeds
- \* Trees, shrubs, aquatics & grasses
- \* Native & exotic palms & cycads
- \* Tubestocks to order
- \* Flora assessments & provenance collections suitable for revegetation and hydromulching
- \* Nuts & pods for craft work



Ph: 02-4422-6056 or 02-4421-0731  
Fax: 02-4422-6055  
P.O. Box 3022

12A Warrah Rd, North Nowra, NSW 2541.  
sales@goozeffseeds.com  
catalogue@goozeffseeds.com  
email:admin@goozeffseeds.com  
CATALOGUE ON REQUEST

### ARE YOU MOVING?

If you're a *Grass Roots* subscriber, don't forget to let us know of your new address. ☘

## The Permaculture Research Institute

[www.permaculture.org.au](http://www.permaculture.org.au)

PRI is a Non-profit Corporation based at Tagari Farm, the 147 acre property designed and developed by Bill Mollison as a permaculture demonstration and teaching site, featuring 48 dams and several kilometres of swales, located within the crater of Mount Warning.

### Permaculture Design Certificate Courses

PRI's team of instructors, headed by Geoff Lawton, offer a dynamic and inspiring 72 hour course renown for its international students and activists. Experience a world class demonstration site and global networking facility with working models of:

- extensive earthworks
- intricate small crop systems
- advanced food forestry
- aquaculture, chinampas
- exotic bamboo production
- strawbale architecture
- organic dairy
- extensive poultry systems

### PDC Course Dates

#### 2001 - 2002

Sep 1 - 15th, 2001  
Nov 3 - 17th, 2001  
Jan 13 - 26th, 2002  
Mar 3 - 16th, 2002  
May 5 - 18th, 2002

### Advanced Permaculture System Establishment & Implementation Course

A two week course that follows each PDC.

### Internships

PRI offers up to 2 years live-in internships for PDC graduates wishing to work towards a diploma. The ultimate combination of research and practical training. Limited positions available. Fees apply.

### Institute Tours

Tuesday, Thursday & Saturday at 10.30 am. Bookings essential.

## The Permaculture Research Institute

[www.permaculture.org.au](http://www.permaculture.org.au)

ACN 082 472 302

Phone: 02-6679-3275

Fax: 02-6679-2018

Email [pri@permaculture.org.au](mailto:pri@permaculture.org.au)

PO Box 1, Tyalgum, NSW 2484, Australia

219 South Pumpenbil Rd, Tyalgum, NSW 2484.

# Marvellous Maremmas

by Helen Garretty, Yallourn North, Vic.

Rudi was a hyperactive bundle of trouble from the start. The first night he chewed the door frames on the verandah and destroyed an old slipper; the next day the door mat; then a piece of carpet which replaced the mat. The three Chow-Chows were the most wonderful things he had ever seen – big hairy bears. Rudi loved pulling their tails, chewing their ruffs, biting their heels. He would bare and clack his teeth inches from the Chows' faces. Play with me! They snapped at him, so he would yap on top note trying to persuade them to his view of life.

I leapt out of bed to quieten him four or five times every night. He would spy a snail sliding up the post, a frog trying to grip the water tap, a moth struggling in a spider web, an echidna waddling across the paddock. He shrieked at everything. He would lie on the grass barking at nothing, to convince himself he owned that spot, at least for the time being. If he remembered my disapproval, he would chortle softly to himself.

I sprayed Rudi with vinegar every time he mouthed one of the other dogs. He'd stop immediately, but one-tenth of a second later when my eyes were elsewhere, he'd be nipping again. His love bites could stir a real dog fight when he was big enough to be a threat. Hatsu, who had never growled or barked in his life, was already becoming more aggressive.

The vet told me he had seen a lot of Maremmas in The States. 'Those Maremmas were like wild animals. No one could get near them. They force them to stay in the paddocks with the stock from the age of six months, if not

earlier, and don't handle them.' Another vet said I must 'discipline the dog very firmly'.

Well, I managed to get Rudi to heel and walk quite well, but he was miserable despite the enormous amount of praise, patting and congratulations showered on him. He hated the lead. He would mourn for hours if I hurt his feelings. Hypersensitive in the extreme, he refused to come near me for a fortnight after he brushed the electric fence.

After two months, although he was still very small, I put him with the sheep because he was so destructive around

covered them over, so he never dug there again. (By the way, fresh dog poo works wonders in rabbit holes.)

A few times his herding instincts worked really well. He forced the sheep into a tight bunch, cornering me in the paddock with the ram's horns inches from my legs! The guarding instincts shone out. Hey! You sheep. Don't you dare touch those oats. They belong to my master!

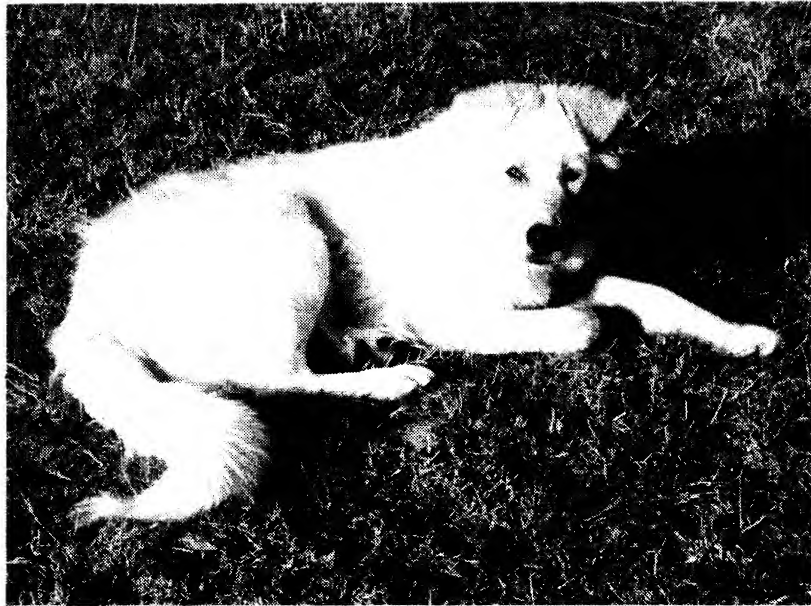
Desperate for advice, I spent hours on the phone. One farmer confessed that the vet came to his farm because he couldn't handle his Maremma!

Finally, I tracked down an extremely helpful lady who had toured Europe studying the various sheep guards. She told me that most, if not all, the Maremma stock in Australia is of American extraction. So too, the advice on handling.

'Forget everything you ever learnt about dogs,' she said. 'Maremmas are different. They must be bonded to their master and to their flock. These complementary bonds are essential if the Maremma is to be happy and work well. They are

highly intelligent and sensitive; they need the freedom to use their guarding and herding instincts; they are not animals to be ordered about, and will never give blind obedience. You must not shout, make loud noises, or use physical reprimands. You will ruin the dog's temperament for ever.' And finally, the 'Maremma must be honoured and respected in the household.'

He was not all that different from my Chows, after all. They were originally cattle guards. They resent being pushed around, need the freedom to do



Maremmas are faithful guard dogs once bonded to their flock.

the house. Oh, was it fun chasing sheep around the paddock! But Wiltshire Horns don't take kindly to being herded. They set upon him. He was terrified at first, but soon learnt to harry them from a distance, barking constantly. If I shouted at him, he got worse.

Neighbours complained. I was tempted to retort that if they got rid of their blackberries, rabbits, and foxes I wouldn't need the Maremma. My paddocks were riddled with the holes he dug to keep himself occupied. I filled them with dog poo (I have plenty) and

what they think best. They must be honoured and respected, showered with affection. Ignore these points, and you destroy their finest characteristics.

Rudi was jealous of the other dogs, the sheep and the cows; insecure because he didn't understand why they were rejecting him; depressed because I was ordering him about. He needed more physical contact with me. I had read that Maremmas don't like being handled. If that was so, why was he demanding physical contact with the other dogs? Why did he fall all over me?

I gave up the obedience lessons. We now walk the property twice a day, on an extendable lead. I bring him into the house. At first it was like having a pack of nine-year-old boys playing football in the lounge room. I carry vinegar around, spraying him every time he puts his teeth on furnishings, carpets, clothes, shoes, dogs. I handle him a lot, whispering endearments. He retires each night with a large bone to keep him occupied. He loves leaping about on the hay and sleeping in it.

I concentrate on every movement he makes, conscious of a dog's five-second memory span. If he walks instead of racing among the sheep, I load him with praise. If he lies quietly on the carpet, I shower attention on him. When he stops barking, I call out 'good boy'. The five-second rule is magic.

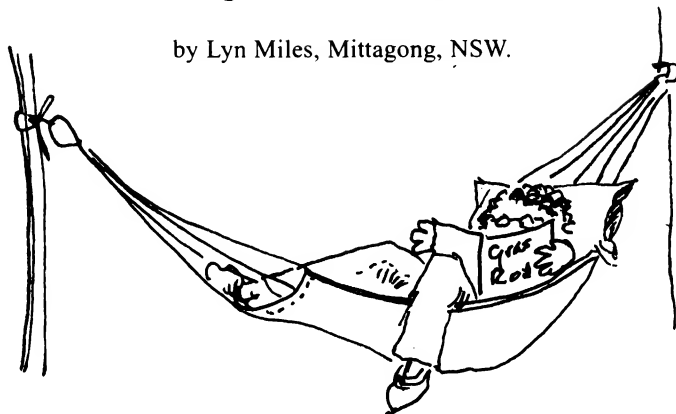
They have the most beautiful eyes that gaze intently at you. Their appetite for love is insatiable, their sensibility marvellous. They guard magnificently, as they see fit. ♡

### MORE ON MAREMMAS

Rudi has indeed proved a complex dog to handle and Helen is generous to have shared the problems she encountered with him. It must be stressed that this isn't a typical situation and the dog's behaviour may have been exacerbated by the presence of the Chow-Chows. We would recommend potential owners read as much about the breed as possible before committing, and develop a training plan with assistance from the breeder providing the puppy. If poorly trained or untrained, Maremmas are potentially dangerous dogs. Excellent reading on the breed can be found in *Town and Country* magazine, Vol 18, No 1. PO Box 798, Benalla 3672. \$6.60 posted. ♡

# With A Smile On My Face

by Lyn Miles, Mittagong, NSW.



May I reply to the lady you featured in Gumnut Gossip (GR144) who was 60 and in ill-health and who had lost the confidence to move from the city. Three years ago I was in the same situation, when circumstances literally forced me to follow my dream and move from the city.

The decision to sell up and move was the scariest part, but it's been plain sailing ever since. Every morning I wake up and whisper 'Oh, thank you, thank you!' It's not my grand plan by any means, but it's the best of both worlds at my age.

I chose a town on a main railway line (transport), in an area where well-off people retire (excellent health care, and the op shops are a dream). I don't live in the best house on the best street (economy), but I can breathe the air, see the stars and sleep at night. There's heaps of room for gardening, chooks and ducks. Family and friends visit often because I've set the house up like

a B & B, with beds and bedding from those op shops, plus knitted or crocheted rugs which keep the arthritic fingers supple in the making.

I was very run-down when I first moved and it took a long while to establish roots in the community. I joined groups and did courses at the local adult education centre. There I met folk with similar interests and outlook, and have made some wonderful friends.

I am totally content now and would never move back to my old 'secure' situation. If I'd known it was going to be this much fun, I wouldn't have hesitated for a moment. I figure that whatever the state of my health I'm going to die anyway, like everyone else, but I'll die with a smile on my face! Thank you GR for keeping the dream alive all those years in the city. It's all so much more relevant now that I've escaped. God bless you all, but especially Megg and the team. ♡

## Australian Miniature Cattle

- The Affordable Alternative -  
FOR MILK, BEEF OR JUST PLAIN PETS



Donna & Hugh Anthony, Kyrhet Stage Co  
131 Old Coach Way, Yandina. Q. 4561.

Ph/Fax: 07-5446-7049

Email: kyrhet@bigpond.com.au

Website: <http://minicattle.virtualave.net>

## BUSINESS FOR SALE

### SOLAR FOOD DEHYDRATOR

Write for our free brochure to John or Sharron at:

**SOLAR SAFE**

RMB 2317,

EUROA 3666.

**(03) 5790-4329**

Patent Pending No. PN0137





# SAVING OUR SOCKS

by Jane Smith, Kilsyth, Vic.

Within a short walk from where I live there's a local handcrafts market held on the third Saturday of every month. One stall in particular finds a ready customer in me, and that's a stall that has nothing on it but socks.

The stall is run by Ellen and Sue who make the socks on a machine and then hand finish them. Supplying natural cream wool and a variety of colours, they make tie-dyed socks as well, simply by knotting two white socks together and tossing them into the dye pot.

All their socks are made from 95 percent wool yarn, and that's why I buy them. I enjoy bushwalking, and even when wool gets sopping wet it still protects you and keeps in the warmth.

I also buy their socks as presents for just about everybody I want to give a present to. You can't go wrong when the socks are real wool and hand finished, and you can tuck a card from the makers into the gift to show that it's special.

Of the variety of socks made by Ellen and Sue, the ones I favour most have a generous depth of ribbed top that covers the ankle and more. Now, this cuff is important because it has other uses that extend until long after the foot part has worn thin, been mended, because darning wool socks is fun, and worn thin again. That's what I'm writing about now, the extended use of socks, all socks. And even pantihose.

An elderly neighbour was telling me how sore her knees and elbows got on the cold nights and how stiff she felt in the mornings. So I fossicked about in the part of my linen cupboard where I keep scraps of this and that for whenever, and came up with some creamy-coloured wool socks. They were worn out on the foot, but were still soft because I never washed them in hotter than lukewarm water, and always used conditioner in the last rinse. (By the way, hair conditioner that isn't used up on your hair need not be wasted, it softens woollens too.) 'Here you go, Ruby,' I suggested as I cut the foot parts off the rest of the socks. 'Pull these tops up

onto your elbows and knees, cuff parts downwards towards the thinner parts of your arms and legs, and try them as warmers in bed. All in the interests of finding what works for us, eh?'

When I got Ruby's report back in a few days, she'd found that the sock tops were so comforting she wore them on cold days too, under her tracksuit.

I remember a hiker from way back, who looked rather interesting on a winter's walk because his knees and elbows were heavily bandaged. No, not grazed, he told us, just cold and sore and that was all he could think of to do. Another hiker who worked part-time in a community handcrafts shop obtained some real knitted knee warmers for him to wear on future outings. There was a flow-on effect as other walkers put in their orders for knee warmers, and elbow warmers and, somewhat sinister looking but effective against the cold, balaclavas.

Gloves without complete fingers, knitted really with early-morning milkers on dairy farms in mind, also found a new popularity with hikers. Teenage rock fans had already discovered those 'cool' gloves and would buy a pair of black milker mittens between two of them, and wear one glove each for making a fist like Gary Glitter.

As Ruby and I found though, the tops off woollen socks work well for arthritic and otherwise tender joints, and are also good for covering a sprain or holding a dressing in place, either on a joint or anywhere on a limb.

White cotton sports socks have their uses too, in that the tops make great sleeve protectors for dirty or wet work, not to mention painting jobs. White cotton tops can be washed and kept in the kitchen and the laundry, where they can be pulled on over sleeve ends to protect against grease spots and splashes.

For gardening, any sock tops will do to give protection against anything getting down over the tops of your gardening gloves and soiling your sleeves or biting you. Pantihose also work well in the same way. Cut off any foot parts



and cut the leg lengths into sections to pull on over sleeves or legs for work around home and garden.

Real wool socks are the ones to be prized and are far too good to waste any part at all. The foot cutoffs make good little polishing cloths for wood and leather.

A friend made a beanie for her toddler by cutting off the foot part of a large woollen sock and drawing in the cut edge before sewing it up on the inside. She pulled it on his head, folded the cuff part over, and there it was, a warm beanie.

When the sleeves of her children's jackets began to shorten on fast-growing arms, this friend would sew the cuffs of woollen socks into the sleeves, about two centimetres from the end of the sleeve, to make a warmly fitting cuff.

There was a time when I made woollen bedcovers for my own then-toddlers, by opening out and and trimming and pressing any old woollen garment I could find, including socks. All were hand-stitched together onto an old cot blanket or sheet, like an assembled fabric jigsaw. Each completed cover was sandwiched together between bright cotton outer covers, stitched around the edges and then here-and-there to hold the layers together. Binding all round the edges with a strip of fabric gave a neat and durable finish.

Somewhere, 40 years on, those covers might be warming other small beds, made as they were with much love and designed to last. Well, I like to think so. ☺

# SOCK IT TO ME

## Recycling Tips

by Robyn Eades, King Island, Tas.

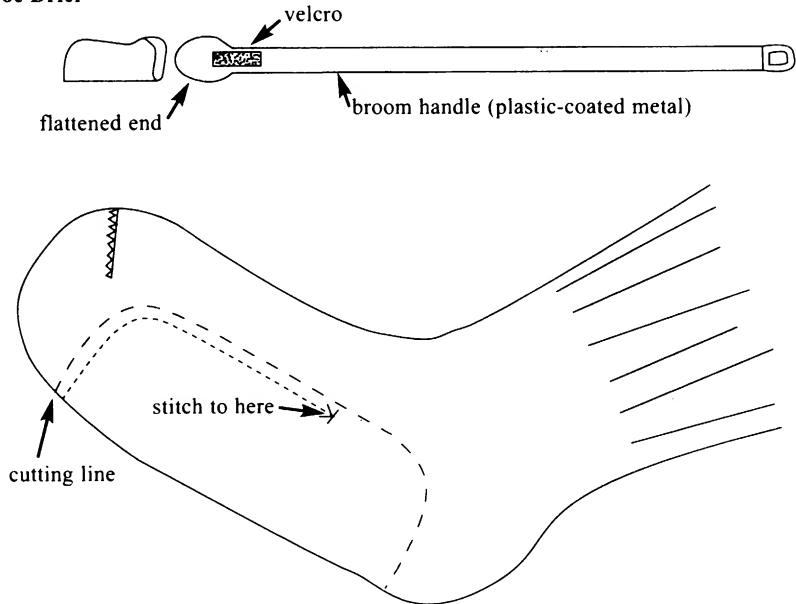
The collection in my kindly named 'studio' boasts all the usuals: bottles, tins, plastic containers, hay string, cotton reels, flyscreens, and even pieces of string too small to use! Every now and then I have a cleanout and remove some of them to the old meatsafe in the garage where they just look industrious because of the stackable quantities.

For a long time now, though, there has been one collection that has just kept growing . . . the old socks. I remember it was my grandmother's job on her Christmas holiday visits to darn my father's socks. I have her mushroom with needles hidden in the handle, and even a few of the little skeins of wool threads in subdued greys and greens then sold for the purpose. I learnt how to perform the task at school, and some of my own socks now sport some excellent examples I am quite proud of. But my son's thick white sports socks got a bit beyond me; they needed complete new heels or toes and as soon as one was fixed another three turned up. At least the idea of having ten pairs all the same colour kept them going for a bit longer.

I found a few jobs for some: Folded into themselves they make good shoe and furniture polishing pads. Soap ends or offcuts in one can be dangled under the hot water tap for clothes or dish-washing suds. This can also be used to wipe off the ring around the bath. A cake of soap in a sock can go travelling without mess.

One of the best ideas turned up after I had a hip replacement recently and was introduced to new gadgets to simplify the convalescence. I had a loan of a 'between the toes drier' and soon made my own to keep. I squashed the broken end of a metal broom handle (saved specially), stuck on some velcro hooks (also salvaged from something old), and then sewed on a sort of finger stall cut out of the towelling part of the socks to fit over the flattened end. I made a fair few and they are easily

**Toe Drier**



removed and washed for good foot hygiene. Then I found using a walking stick blistered my palm, so I slipped a toe wiper over the handle, pinned it up with a safety pin and lost the blisters, and the sweaty hands. Now I'm working on something similar to slip over the mower handles, because it looks like I might have to cut the grass more than once this season.

More parts of sock remained and they have come in handy too. The ribbed parts make useful sweatbands for the wrists; they can even give support to aching arms, and, cut into circles, they can be used as hairbands. If you zigzag or overlock the cut edge to prevent fraying, they will perform for years. Rolled maps or pictures can be protected and secured by a whole sock over each end, or several bands along the length. Anything left of a sock after all this, is unravelled or cut very small and given to my mother to use as stuffing for her soft toys.

I am sure I will find more uses for the old socks, just as I am sure there

are more things to be saved. Those who scoff and complain usually end up by asking if I have any . . . and I usually do, somewhere. Now that our local tip has closed I only keep those things that come to me by their own volition, but people have got to know and many strange things turn up. At the moment it seems to be typewriters, a bit bulky to store, but simple and trusty . . . I just wonder if someone somewhere has saved some ribbons? ♻️

**Chemical Free**  
**eco-ball™ SUPER CHARGED**  
**LAUNDRY BALLS**  
**SAVE MONEY**  
**SAVE WATER**

Replaces all soaps and detergents in your washing machine - no need to rinse  
 Environmentally friendly  
 Hypoallergenic & antibacterial  
 No harsh detergents or chemicals to pollute our waterways

For free leaflet or to order contact -  
**Safe Eco Products - PO Box 1350**  
**Pearcedale VIC 3912**  
**Ph/Fax: 03-5978-5024**  
**Email: safeecoproducts@bigpond.com**  
Pearcedale Road, Pearcedale 3912

# A Gift To Suit All Ages

by Pamela Odijk, Caboolture, Qld.  
Photograph by Herman Odijk.



If you are looking for birthday or Christmas gifts to make, or for something which is a sure seller on a market stall, vests are both fashionable and popular. Make them in brocade, denim, wool, corduroy, vinyl, fake fur, or even from furnishing fabric offcuts like the ones in the photograph. Vests (or waistcoats as they are sometimes called) are an ideal gift for all ages and both sexes. For the younger set, make a smaller vest in the same fabric, 'just like Mum's' or 'just like Dad's' – kids think this is just great. (Sell them as a set.)

For adults, all that is needed is 1.1 – 1.4 metres of 115 cm wide fabric plus 0.7 – 1.2 metres of 115 cm lining fabric. The ones illustrated have polyester/cotton linings. Five buttons are all you need for trim – three at the front and two on the back belt. You will

often find suitable buttons to recycle, rather than buying new. Have a look in op shops, there are fabulous buttons in jars or on clothes.

The vests are easy to sew and you can make one in a few hours. If the fabric you are using is inclined to fray, overlock or zigzag stitch entirely around each piece after you have cut it out. The lining is also easy to attach, being made exactly the same size as the vest to be lined, and attached right sides together, and sewn all round except for the side seams. The garment is then turned right side out by pulling the front sections through the shoulders, and then the whole lot through one of the side openings. Edge stitching around the entire garment before joining the side seams gives the garment a tailored look and keeps the lin-

ing neatly in place. There are many commercial patterns available. The ones illustrated were made from Butterick pattern No 6497.

Include washing instructions with the garment. The ones illustrated, being made from furnishing fabric, carried the instructions:

'This garment has been handmade especially for you from a tapestry fabric usually used for soft furnishings. Dry cleaning is recommended. Small spots can be sponged off carefully and immediately with water. Should the garment require pressing, use a pressing cloth between the iron and the garment (a clean, damp tea towel will do). The fabric contains some polyester threads and a protective finish, which may dissolve and ruin the garment if brought into direct contact with an iron.'

# SNAKES AND LADDERS

by John Mount, Woodford, Qld.

Ah, '... to sleep, perchance to dream ...' It was not the Bard's sleep of death I sought, just a good night or three of uninterrupted sleep, period! Over the last few years I've had to put up with wily wagtail warblings which would last non-stop throughout the night!

During the breeding season these wagtails would nest or rest in the trees nearest our bedroom. (Which is particularly frustrating considering there are dozens of similar suitable nesting trees on the property.)

We tried everything from trimming (read 'wrecking') those same trees to futile efforts of arising in the wee hours of the morning to try and shoo away these little avian annoyances.

This year I was determined to solve the problem. At the local supermarket I purchased several cheap, very life-like, rubber snakes (with colour mark-

ings similar to the local real-life variety), and with the help of my trusty ladder I installed them in strategic positions in the trees near the house. I also placed one on our back verandah to deter the little nuisances from nesting up on the rafters.

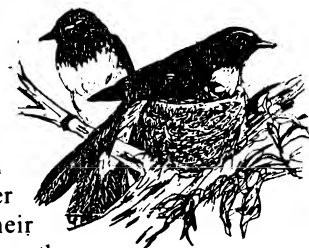
I was pleased and amused to watch their antics when the breeding season rolled around. They would fly up toward the rafters and immediately spot the snake. As soon as they saw it they would (in a manner of speaking) jam on their brakes and hover in mid-air for a second or two while they took in this new turn of events. They would then beat a very hasty retreat.

Of course, as with all brilliant ideas there are always shortcomings. For example, always remember to tell family and friends before they gather on the verandah for tea and bikkies that

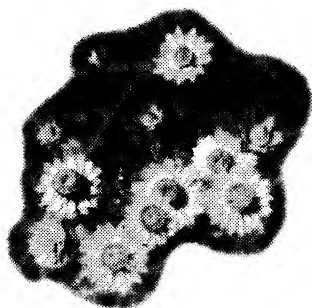
the snake resting on the rafter above their heads is *not* the real thing! (In fact they look so real that at first I even had to look twice!)

The other drawback is that those friendlier birds that are normally attracted to the home and its surrounds no longer visit. The verandah also suffers. It seems that when the birds spot the 'snake' they lose control of their bowels and leave quite a mess behind, although after a few visits I find that word must get around, or they begin to remember, and the mess gets less.

I have also found with experience that pieces of hose wrapped around branches and left in gardens and around homes work equally well. Black hose seems to work best of all. ♫



## The Ethical Investment Fund



Bendigo Bank offers a flexible at call account offering a range of interest options that allow you to support projects which are socially and environmentally beneficial. The fund has been developed as a result of an alliance between Bendigo Bank and The Ethical Investment Trust (a Community Aid Abroad initiative). For more information contact your nearest branch, phone 1300 366 666 or visit [www.bendigobank.com.au](http://www.bendigobank.com.au)



Subject to terms & conditions. Government Fees & Charges may apply. Bendigo Bank Ltd ABN 11 068 049 178

## Why flush all that precious water down the toilet?

### The Nature-Loo Classic

is Australia's best-selling domestic waterless toilet.

And it's the lowest cost, water-free, environmentally positive alternative to septics. At \$2,065, it's no wonder thousands have been sold Australia wide. Other waterless toilets available from \$645.

- No water • No odour
- Owner installation
- Owner maintenance
- Expandable capacity

See it at [www.nature-loo.com.au](http://www.nature-loo.com.au)  
Or call now for a comprehensive info pack

**nature loo**

**07-3870-5037**

19 Ivy St Indooroopilly Q 4068



# THE HOME ORCHARD

## Selecting Suitable Species

by Donna Mulvenna, Kyogle, NSW.

The amount of fruits that can be grown throughout Australia is truly amazing, not only for eating fresh but for drying, preserving and juicing. There are also a number of fruit trees that make effective windbreaks, are of ornamental value and possess nitrogen-fixing abilities.

With so many fruits to choose from it's no wonder that some people become confused when starting out. Some sound advice is to talk to as many people as you can who have already done it within your locality. We all have our own ideas of doing things and as you discuss home orcharding with others you will see and hear of the best ways to suit you. Local organisations are a good place to start: permaculture and organic growing groups, rare fruit societies, state departments of agriculture, or your local nursery. Planting your orchard is a fairly permanent decision so it is wise to base your choices on as much information as possible.

With the correct information you can make your land very pleasant, healthy and productive. A \$10 to \$20 tree can save you up to 20 times that amount in one year, and the fruit you are rewarded with will taste far better and be better for you than anything off the supermarket shelf. Of course, there is also the added pleasure and satisfaction of having grown and harvested your own.

When planning your orchard clarify what you hope to achieve. Would you like to grow enough fruit and nuts to keep your family supplied all year, grow enough citrus for breakfast juices, or grow some of those unusual favourites that are not readily available commercially?

### SOIL TYPES

The performance of your fruit trees will be greatly influenced by your soil type. The survival of some fruit trees, such as pawpaws and avocados, is dependent

on soil type and the flowering and fruiting of other fruit-bearing trees can be strongly influenced by it. Fortunately, there are a lot of fruit trees that are quite tolerant of different soil types.

Good soil drainage is of paramount importance when planting out fruit trees. A good practice is to fill the newly prepared planting hole with water and watch it drain away. If it takes longer than half an hour to soak away into an already moist soil, you can expect any plant to be drowned during wet weather. In this case, you will need to plant into soil mounded above the current soil surface. It is recommended for some trees, such as citrus, that they always be mounded.

Also keep in mind that the 40 – 50 centimetres surrounding the planting hole needs to be weed free. Young trees find it difficult to compete against weeds and grass. Mulching is an effective weed barrier. It will help to retain soil moisture and add humus and nutrients to soil as it is breaking down. When applying mulch take care not to apply it against the base of the tree.

### YOUR CLIMATE

Climate will determine the type of trees you can grow in your locality. Winter cold (chill factor), summer warmth (humidity and temperature), and the length of the frost-free season are three major climatic factors that will determine the suitability of trees. Wind, rainfall and aspect are other important factors, however, these can often be modified.

#### Wind

Most fruit trees are vulnerable to strong winds. If possible plant a windbreak 12 months or so before putting in the orchard. Trees such as ice-cream beans, seedling avocados or seedling macadamias, as well as some of our fruit-bearing natives, all provide fast growing, productive and well formed breaks.

### ASPECT

The ideal site for your home orchard will have a slight slope that aids in drainage. Flat areas need to have good soil structure, and steep slopes can be prone to erosion. In most parts of Australia a north-facing slope is best, the idea being to catch as much sunlight as possible. Growing smaller shrubs on the north and east with taller trees on the south and west will allow for the maximum use of winter sun and wind protection.

### EVERGREENS AND DECIDUOUS

When making out your list of fruit trees divide them into two groups, evergreen and deciduous. Evergreen trees hold their foliage and sometimes fruit over the winter period. Deciduous trees require a dormant period where they defoliate during the winter. Deciduous trees planted on the north-east side of the orchard will still allow ample light to the evergreens during winter.

When planting deciduous trees in a moderate climate it is important to ensure that the trees' chill requirements are met. There are several excellent varieties of stone and pome fruits that require as little as 150 hours of chill (temperatures below 7° C).

#### Evergreen Trees

kei apple, guava, citrus, avocado, sapote

#### Deciduous Trees

stone fruit, pome fruit, nuts, grapes, fig, persimmon

#### Evergreen Shrubs

jaboticaba, grumichama, acerola cherry

#### Semi-deciduous

mulberry

#### Evergreen Vines

passionfruit

#### Deciduous Vines

grapes, kiwi fruit

### EXTENDING THE HARVEST

The harvesting period of fruits such as citrus, avocados, mangos and stone fruit

can be extended quite significantly by planting a wide selection of varieties.

Oranges are one example where – by planting early, mid and late varieties – it is quite possible to extend the harvesting period up to 10 months of the year.

#### Example of Orange Varieties

Variety	Maturity
Newhall Navel	April – May
Hamlin Navel	June – July
Seedless Valencia	August – October

#### Yearly Orchard Plan

When making out your orchard plan, sit down with a specialist fruit tree catalogue, a good book and a calendar. Make a note of when your favourite fruits mature and then list varieties to extend the harvesting period. Below are just some of the fruits available for each month of the year. The harvesting times of many can be extended by selecting early, mid and late varieties.

Month	Fruit trees
January	mangos, lychee
February	grumichama
March	macadamia
April	santol, feijoa
May	persimmon, pecan
June	cherimoya, jakfruit
July	kiwi fruit, citrus
August	avocado, loquat
September	carambola
October	tropical peaches
November	sapodilla, loquat
December	fig, white sapote

(based on subtropical climate)

#### GRAFTED TREES

For short-term results it is definitely advisable to plant grafted fruit trees. For fruit growing beginners, grafted plants are certainly good insurance. You are sure of getting a good quality fruit and regular crops within the minimum amount of time. As a general rule, grafted trees bear in half the time of a seedling; however, this is variable. When choosing a grafted specimen you have the benefit of a vigorous and disease-resistant rootstock and the performance, quality and uniformity of the scion (top growth) from an excellent parent plant. The search for quality rootstocks is ongoing, with desirable characteristics being bacterial and fungal disease resistance, pest resistance and dwarfing. Passionfruit grafted onto flavicarpa rootstock show fusarium wilt tolerance. Citrus grafted onto trifoliata rootstock are more phytophthora resistant. Custard

apples on cherimoya rootstock show a higher resistance to bacterial wilt.

#### SEEDLINGS

No two seedlings are the same and it is in this diversity, a natural occurrence, where lies the opportunity to improve selection, whether it is for quality of flowers or foliage, disease resistance, growth characteristics, or quality of fruit. You can select good quality fruits from a heavily bearing seedling tree, plant the seeds and wait for the results. This is time consuming and, depending on the 'true to typeness' of the seed, you could be disappointed.

Seedling trees tend to be more vigorous, live longer, have better wind resistance, and are often more disease resistant because of their genetic diversity. Seedling trees are also adaptable. It is this adaptability and hardiness that make seedlings a preferred choice for less than ideal conditions. A subtropical fruit tree seedling has a greater chance of tolerating marginal cold areas than a grafted type.

#### BUDDING

Lateral buds that are removed for vegetative propagation perpetuate their existing relative maturity phase. The development from juvenile to mature continues in subsequent growth. Buds taken from mature wood produce plants that are biologically mature, therefore producing a plant that will come into production earlier.

#### CUTTINGS

This method of propagation has many benefits. It is a fast and relatively simple technique that avoids the problem of graft incompatibility and poor graft unions. A cutting is the portion of a parent plant that is selected and induced to form roots. The new plant is a clone, identical to its parent. A cutting-grown plant will always have a fibrous root system in contrast to the tap root of most fruit trees grown from seed. The tap root is the natural anchorage system for a plant, therefore cutting-grown plants require some protection from strong winds while becoming established.

#### AIR-LAYERING (MARCOTTING)

One of the most commonly air-layered trees is the lychee. An air-layer is

made by ringbarking a mature limb and covering that area with an open waterproof bag of moist peat moss. When rooting occurs the new tree is cut from the parent plant, resulting in a biologically mature tree identical to its parent.

#### POLLINATION

Some of the fruits that may require cross-pollination for better results are avocados, pecans, pears and apples. In some fruit trees pollination will not be successful unless pollen comes from a tree of the same species but of a different variety. In other species, such as carob, pawpaws, kiwi fruit and kei apple, male and female plants are needed. In both cases the male or pollinating variety is planted at a ratio of approximately one pollinator to seven – nine of the main species.

#### BUYING FRUIT TREES

Fruit trees can be ordered from your local retail nursery, or through a specialist fruit tree supplier who sells directly to the home orchardist. When purchasing trees look for quality first, size second, and then price. A \$15 tree of excellent quality will be a much sounder investment than a \$10 tree of poor quality. A young tree that is root bound or has suffered stress conditions may sit in the soil for up to 12 months before flourishing.

Home orcharding is fun and very rewarding, but remember it is always better to manage a small orchard well than to find yourself overburdened with a large one.

For further information ph: 02-6632-1441, or visit the website for Daley's Fruit Tree Nursery:  
<http://www.daleysfruit.com.au>

#### ICE CREAM BEAN

The ice cream bean (*Inga edulis*) is an evergreen tree growing to a height of 17 metres and spreading 4 metres. It is native to South America and prefers rich, moist, well-drained soil in a protected sunny position. It is both drought and frost tender. The white, pear-shaped flowers are 5 centimetres in diameter and occur in masses. The 15 centimetre long pods contain a tasty white sherbet-like fluff. Propagate from scarified seeds. 🌱

# WONDERFUL WALK-IN WARDROBE

by Bette Shiels, Bundaberg Qld.

It was a very old house when we bought it. We knew it would take years to renovate it to our satisfaction. There was just one problem; I was married to a 'gunna'. What's a gunna? You may ask. It's a person who has wonderful ideas and great intentions, and is always gunna fix the washing machine, gunna mow the lawn, gunna pay that outstanding account, etc etc. He just never gets around to doing it.

I learned very early in our marriage, if anything needed doing, I'd better learn to do it myself, or wait indefinitely for it to be done. I therefore became liberated, long before women's lib was invented. It was either that or drive my spouse from home with my nagging.

I am now capable of changing a car tyre, fixing a fuse, laying floor tiles, painting a house, landscaping a garden, repairing minor faults in my car motor, and chopping wood – which he taught me to do when I was seven months pregnant and he had a broken arm. 'Never cut against the grain,' was his best advice. He was lucky I didn't chop his foot off.

Our house had an old brick fireplace in the main bedroom. I decided it could be turned into a walk-in robe. Although my husband agreed it was a great idea, after three weeks no move was made to start the project. My small wardrobe was becoming overcrowded. I had two choices: I either threw out half my clothes, or put a bomb under my husband to get him motivated.

It was a sunny Monday. My teenage daughter and I were discussing house improvements over breakfast. By now I was becoming impatient with lack of progress. I jumped up from the table in agitation. 'Come on Vick, let's do it!'

'Do what?' she asked.

'We're going to build a walk-in robe. It can't be that hard to do.'

'You're joking of course! How are you going to pull that old brick chimney

down?' she inquired.

'Let's go out to Dad's work shed, there must be a sledgehammer there somewhere,' I replied.

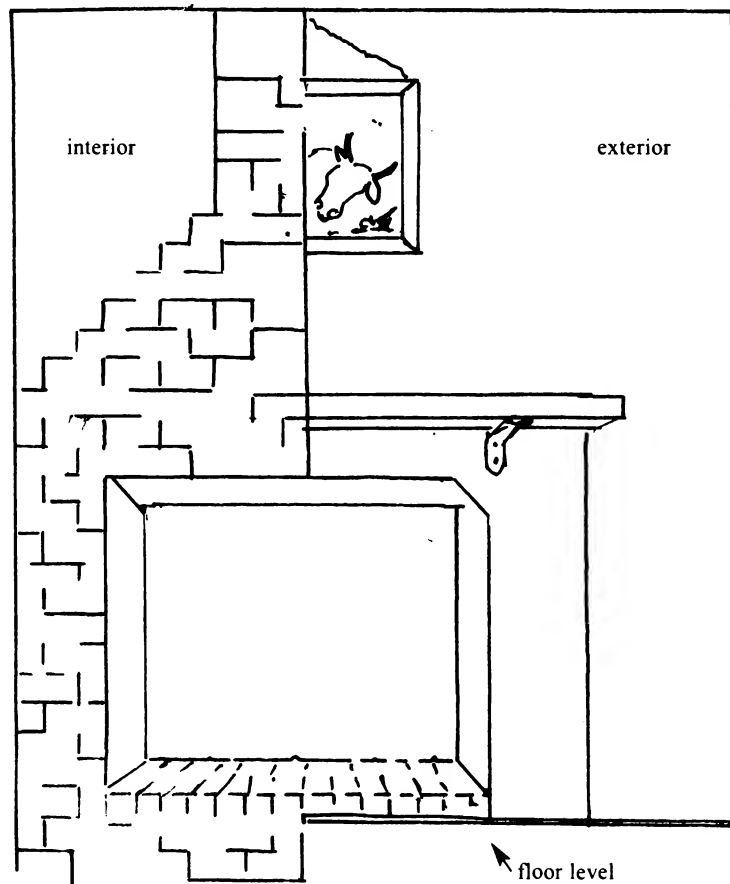
Ten minutes later we dragged a ladder to the side of the house. This was easy compared to the king-sized sledgehammer I was finding hard to lift. Vicki pleaded with me to wait for Dad to do it, but I didn't want to be too old to enjoy it. Three times I tried to climb that ladder, hefting the hammer. It was impossible. I finally climbed it holding a rope, to which was connected the hammer at the other end. Then I wrapped my end around the chimney

and pulled it onto the roof. Removing the rope from the hammer, I attached one end to the lounge chimney, the other end around my waist. At least if I fell off the roof, I wouldn't be crushed, I'd just hang myself.

The top half of the chimney was reasonably simple, because the weight of the hammer gave it momentum and knocked the bricks out easily. The old mortar wasn't as strong as modern mortar. By lunchtime there was no chimney showing above the roof.

The inside of the house wasn't so easy. I had to use a small hammer and chip away each brick, because there

Before



was no room to swing the sledge.

Not ever having attempted something like this before, it didn't occur to me to put dust covers over the furniture. I'd never heard of brick dust. All I knew was, it was becoming harder to breathe, so I tied a handkerchief around my nose and mouth.

After three hours of chipping and passing bricks to Vicki to throw out the window, we'd removed the chimney to floor level. Feeling pleased with ourselves, we stopped for a cuppa. When we walked back to the room, it looked like a bomb had exploded. My black velvet waterbed had centimetres of dust all over it. I could no longer see the pattern on the carpet. I caught a glimpse of myself in the dust-encrusted mirror and roared laughing. I was covered in powdery dust, from head to toe. It was going to take longer to clean up this mess than it did to make it.

We'd just begun the cleanup, when we heard a horrified scream from the doorway: 'Holy hell woman! What happened? Have you called the police? Was anyone hurt?'

Vicki and I fell about laughing. Our eyes followed my husband's to the gigantic hole between Vicki's bedroom and ours. That night in bed, my husband gently pulled me to him. I interrupted his advances to say 'Sorry darling; with that hole in the wall, we really haven't much privacy, have we?'

I had my walk-in robe completed by the weekend. He worked on it every evening after work.

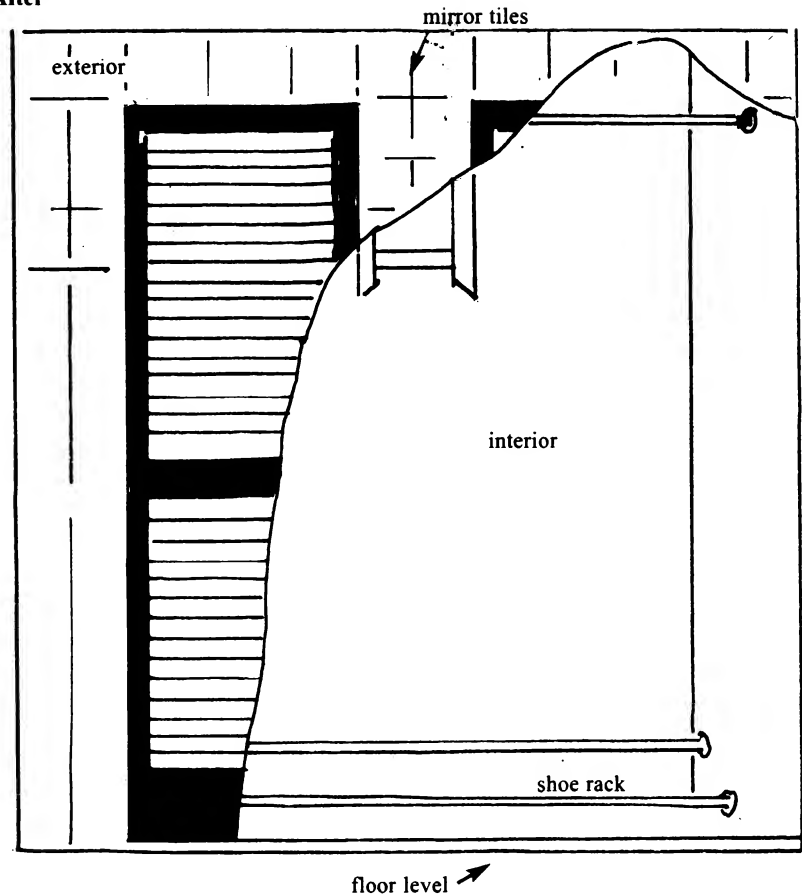
## CONSTRUCTION

Further to the story, I'd like to explain how our walk-in wardrobe was constructed (in between domestic of course).

Vicki and I spent half a day cleaning away debris we'd spread far and wide the previous day when we removed the fireplace. I then covered with sheets the furniture that was too large to remove. (Have you ever tried moving a full waterbed?)

Having done that, I visited my favourite second-hand building material supplier. The reason being that with six children to feed, new building material was not number one on our hit parade. 'Cut according to your cloth' was one of my mother's favourite sayings. I returned home with enough

After



plasterboard off-cuts to line the interior of the wardrobe, plus the outer walls, also two louvre doors, all for around eighty dollars.

My husband is a very capable carpenter, he just hates carpentry (sort of like me with housework), but with lots of flattery, and two-hourly tea breaks, including homemade cake, I managed to cajole him into building the wardrobe as well as any professional carpenter. The enclosed sketches show

how, courtesy of my son Dale. He even added two low rungs attached to the back wall just above floor level for a shoe rack, and a plastic-coated curtain rod as a clothes rack.

I was left to put the finishing touches to his work. To do this I bought a few packets of mirror tiles from K Mart and instead of painting the wardrobe exterior I covered the entire wall surrounding the louvre doors with the tiles. This gave the illusion that the room was more spacious. I then painted the doors with black high-gloss paint, to enable them to be washed frequently, as louvres do tend to gather dust. The rest of the walls I painted duck-egg blue. The finishing touch was to lay black bathroom carpet (it's the cheapest) on the floor. With my pastel blue drapes and bedspread, I can assure you we had the sexiest bedroom in the district. ♡

★★★★★★★★★★★★★★★★

You must do the thing you think you cannot do. ★

Eleanor Roosevelt

**NATURAL MEDICINE**

Correspondence courses written by  
**Isaac Golden, PhD, D. Hom.**  
 Principal of the ACHH  
 President of AHA (Vic) 1992 - 98  
**Homoeopathy** - a fully accredited  
 professional Diploma course, OR an  
 intermediate course for parents  
**Natural Medicine** - a basic  
 course covering home prescribing  
 For full details contact:  
**Isaac Golden**  
 PO Box 155, Daylesford, 3460.  
 Ranch Road, Daylesford  
 Phone (03) 5348 3667  
[www.homeopathy-online-courses.com](http://www.homeopathy-online-courses.com)



# Guide For Decision Making

by Hans Schmid, Mossman, Qld.

Important decisions are often made on impulse, with a heavy price to pay if in retrospect the wrong decision was made. Most readers would be in the category of people who have either time or money, but rarely both in abundance at the same time. So to get it right the first time is of vital importance.

The following table has the advantage that it forces you to go through the decision-making process in a logical sequence. All the important factors affecting your decision have to be considered and weighed against each other. It makes you think through your options and priorities. The ultimate decision reached might surprise you, but at least it is based on logic and facts, not on a spur of the moment act.

To find and select a block of land would be a familiar experience for many GR readers. This example was chosen because mistakes here can have dire consequences. To buy a block of land because it has a lovely view might be good for your soul, but, if you are not rich or retired, it's very difficult to live off it!

I know of one case where two otherwise intelligent people bought a rural block and only considered the privacy, the view and how many hectares their money would buy them. During a recent drought, water even for essential needs had to be brought in by tanker at great expense. To live on an isolated bush block is a dream come true for many people, but the

(4) Decision Making Table				
(1) List all important factors	List all the options considered			
(examples only)	Block 1	2	3	4 etc
cost area (2) water soil topography climate utilities (schools etc) structures history of land use council laws, policies work or market opportunities other	(3) Each item gets a score from one to ten, ten being the ideal choice. You can make up your own scale if you wish.			
	Total	Score:	Highest	Wins

costs involved in travelling to the nearest centre have to be considered as well.

## EXPLANATORY NOTES

(1) Have a brainstorming session. Works well in a group, with all the people who are going to be affected by the ultimate decision having a say. For a group discussion write the table on a board.

(2) Can be subdivided into many more headings, such as: quality, running water, bore capacity, dam sites, rainfall & distribution, floods, catchment area, history of droughts etc. (Applies for other factors listed as well.)

(3) If the factors listed can be measured with a numerical value, the score is proportional to the values of the options. Other factors have to be judged using rational criteria. For soils, a deep loam rich in organic matter would have a score of ten, a sandy soil or a heavy clay on the lower end of the scale, depending of course what crops you plan to grow. If scoring is done in a group, the individual scores are averaged, or the total is listed.

(4) Keep a copy of the table, especially when a group decision was

made. Some people might dispute or disagree with the result later. The method outlined can of course be used to buy a house, or a car, or to make any other major life decision. ☺



The decision to keep livestock is a serious one and needs to be thought through carefully.

### Be Your Own Boss From Home

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

**AB, Po Box 518, Dept GRB, Sth Windsor 2756.**

We also produce the following guides: 101 MONEY MAKING OPPORTUNITIES, HOW TO PROFIT FROM YOUR HANDICRAFTS & HOBBIES, HOW TO START A MAIL ORDER BUSINESS, MAKING MONEY FROM FLEA MARKETS, MAKING MONEY WITH YOUR CAMERA, MAKING MONEY WITH YOUR HOME COMPUTER, START YOUR OWN IMPORT/EXPORT BUSINESS, HOW TO ORGANISE A SUCCESSFUL HOME-BASED BUSINESS **FREE DETAILS SENT ON REQUEST.**

**FAX: 02-4577-6942 OR VISIT OUR WEBSITE AT: [www.profitcentre.com](http://www.profitcentre.com)**

AAA Media, 3 Bradley Road, South Windsor, NSW 2756

# Granny's Garden Cure-All

by John Armstrong, The Gap, Qld.

Condy's crystals can be used as a wonderful cure for insects and fungus that was well known to our grandparents as a garden spray. Condy's crystals is potassium permanganate and is usually sold by chemists. Used regularly in the garden as a spray it is an excellent fungicide, being effective against black spot, mildew and damping off with seedlings.

The potassium in the crystals helps plants build a resistance to disease. Manganese, being an important trace element to plants, aids in good strong straight growth. Use Condy's crystals to keep away slugs, grubs, leaf-chewing insects and, most remarkably, root nematodes. Ants and worms can be removed from pots by immersing the entire pot in a Condy's crystal solution in a bucket, or alternatively pouring the mixture over the potted plant or hang-

ing basket. Be careful, Condy's crystals will stain concrete or paving so that all applications must be made out on the lawn where any excess liquid can drain freely into the ground.

Dissolve one level teaspoon of Condy's crystals in five litres of water and add one teaspoon of kitchen detergent as a wetting agent to make the solution stick to plant foliage and roots. For nematodes simply drench the garden bed with the above liquid solution and repeat four times at fortnightly intervals.

Our grandparents knew a thing or two about gardening and Condy's crystals is the simplest and one of the most effective recipes used in their day that is as relevant then as now. Do take care to keep even organic sprays away from children and take common-sense precautions when using them. Safe to use

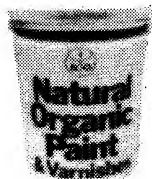


in the garden does not mean safe to play with, ingest, breathe in, or apply to skin. ☛

## ⇒ Your Health

## ⇒ Your Home

## ⇒ BIO Paints



*Indoor pollution is a growing concern. A main contributor is conventional paint products.*

*But here is the good news for You. Bio's natural and nontoxic paints will create a healthier home.*

*Do You want to use these environmentally responsible products? They are easy to use, of high quality and have no bad smell.*

Phone us on our Freecall Number

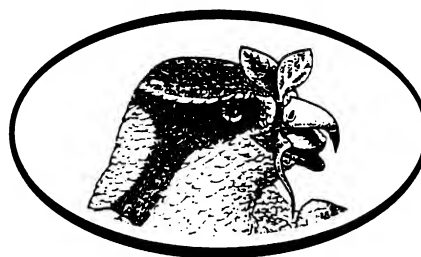
**1800 809 448**

*and we'll send you FREE Toxic Information and a coloured Brochure, which tells you the different applications for each product and surface. This is invaluable for anyone looking at painting.*

**Bio Products Australia Pty Ltd**  
25 Aldergate Tce, Bridgewater, SA 5155



## PHOENIX SEEDS



**Common & Unusual Vegetables**

**Culinary & Medicinal Herbs**

**Cottage Garden & Modern Cut Flowers**

**Utilitarian & Ornamental Trees**

Current mail order catalogue is available now - free. A copy will be posted if you send your full name & address to:

**Phoenix Seeds, PO Box 207, SNUG 7054.**

**Ph: 03-6267-9663**

Channel Hwy, Lower Snug 7150

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### MOULTING CHOOKS

Help, our chooks have a serious disease. They are half naked and seem depressed and unwilling to go outside. We have four Isabrowns, we're very new to chook keeping and we are panicking. Is it terminal, could they catch something from our Red Setter, should they go to the vet?

**Melanie and Tom,  
MURRAY BRIDGE 5253.**

*By the time you read this your hens should have regrown new plumage and be feeling healthy and happy once again. What you observed is an annual event for all domestic poultry; they shed their old, tattered feathers and replace them with strong new ones sometime prior to the onset of winter. What is tricky is that some birds lose feathers slowly, a few each week, and stretch the process out over several months. These are always early moulters and look gorgeous just as the hard workers finally stop laying and virtually shed all their feathers at once. They look terrible and must feel sensitive to cold weather and to attack from their pen mates. Let moulting birds stay inside, out of danger and cold wind, and see there is feed close by, including some greens they can pick at. While hens are getting their new plumage they take the opportunity to build up calcium reserves in their body so they have plenty on hand when they commence lay in late July or early August. 🐣*

### KEEPING SHEEP

We've got a few acres on the edge of a country town and would like to keep a few sheep for grass control. Would we need to feed them (apart from grass) and will they destroy fruit and nut trees? We've had the offer of a couple of free old ewes and if they would help to keep the grass short it would be terrific. We're going to look through all our back copies for tips but would appreciate advice.

**Jason Harris,  
WAGGA WAGGA 2650.**

*Such a small number of sheep may not be able to keep up with spring growth, so don't sell off your lawn mower yet. A handful of sheep will not be demanding, but you will need to have a*

*small yard or pen erected so you can enclose them to carry out routine management tasks like parasite control, checking for fly strike etc. Train the animals to enter the yard by calling them for a treat like oats, then getting them in for handling will become easy. Check the mouths of the ewes when they arrive. Old sheep invariably have worn, overgrown or missing teeth. If the mouths are in bad condition, they may have trouble grazing and not be worth the bother of keeping. Your couple of sheep won't eat the place out, so supplementary feeding would only be required as a top-up in very dry years. When sheep are hungry or short in minerals they are likely to seek out and eat the bark off fruit or nut trees, but generally when numbers are low more harm will be caused by stock (especially if lousy) rubbing against trees than through eating them. Young trees of any variety should be protected. Ask your closest state agricultural office for basic notes on sheep keeping before your animals arrive, so you have a year-long picture of what will be involved. 🐑*

### DOG OWNERS BEWARE

I want to warn readers about the risk to people, and in particular children, re picking up canine worm eggs from contaminated ground. A friend of ours has had a very sick child as a result of accidentally ingesting eggs or larvae of canine roundworm. It sounds unbelievable but it's true. When dogs are infected, the eggs and larvae are deposited along with faeces in the soil or on grass. Cross infection is apparently easy, especially with children who roll and play on grass or in soil and are prone to putting dirty fingers in food or their mouth. The go is, dog owners be very watchful of where your dog does its doings. Don't take dogs to parks and playgrounds if there is a risk of kiddies accidentally ingesting worm eggs or larvae. Readers with dogs and children should be very vigilant on this issue, teaching the littlies from an early age about the risks. Finally, it may be worth dog owners talking with their vet about a responsible worming program

that will minimise the parasitic burden and so the risk of cross infection. My last words are, handy persons, you're vulnerable too if you have to crawl under buildings etc through contaminated soil. Take care everyone. Love the magazine.

**Cleo Patterson,  
EMERALD 3782.**

### MOUTH SORES ON LAMBS

Our two young pet lambs have just recovered from sores around their mouths. Now we are really worried, could they have had foot and mouth disease like in England? We didn't see any lesions or scabs on the feet.

**Anna and Tony,  
ST ARNAUD 3478.**

*It's highly unlikely the sores around the mouth were signs of foot and mouth, they were probably scabby mouth. This is caused by a viral infection and is commonly encountered in summer and autumn when sheep have access to dried grass, burrs, thistle and stubble. The delicate skin around the nose and mouth becomes scratched and the virus, already present in yards or paddocks, gains entry and causes infection. Don't remove scabs, but allow them to heal (3 - 4 weeks) and offer soft feed because affected stock will be reluctant to eat. The virus is highly contagious and can be transferred to stock keepers. Refer to GR143, 'Animal Diseases Affecting Humans' for more on scabby mouth, or orf, as it is sometimes called. 🐑*

★★★★★★★★★★★★★★★★★★★★  
★ PAWS IN PRINT ★  
★ BOOKSTORE ★  
★  ★  
★ specialising in books on ★  
★ DOGS, GOATS, LLAMAS, POULTRY, ★  
★ RABBITS, HERBS, AND MORE. ★  
★ For a mail order catalogue ★  
★ send 2x45c stamps to ★  
★ PO Box 3168, Wheelers Hill, 3150 ★  
★ Ph: 03-9795-9158 or 03-9580-7441 ★  
★ www.pawsinprint.com.au ★  
★ Brookland Crt, Mulgrave 3170 ★  
★★★★★★★★★★★★★★★★★★★★



## ECO NEWS

### GOOD NEWS FOR BILBIES

Millions of dollars have been spent in researching reasons for the dramatic decline of the bilby, once common across 70 percent of mainland Australia, and ways this might be reversed. Habitat destruction, competition from rabbits, and hunting by foxes and cats have all been instrumental in the bilby's decline. Adopting the strategy of John Walmsley and others, Queensland Parks and Wildlife Service have recently completed predator-proof fencing a 25-square-kilometre area of the Currawinya National Park, near Hungerford. Forty bilbies will be released into the enclosure by August this year. Bilbies reproduce quickly and are expected to increase in numbers over the next couple of years. The fence was built by volunteer members of the Australian Trust for Conservation Volunteers. Fund raising to pay for the fence is still \$70,000 short of the \$300,000 target. ♣

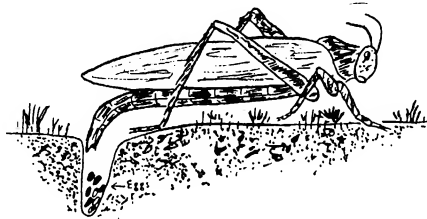
### ARSENIC DECONTAMINATION

A common brake fern, *Pteris vittata*, has been found to accumulate arsenic from contaminated soil in its metre-long fronds. Tests have measured 22,630 ppm of arsenic in fronds, this equates to 2.3 percent of the plant's mass. The ferns are native to a variety of tropical and temperate regions throughout the world and are vigorous growers that can become invasive. The fern has potential use in decontaminating sites polluted by mining, agriculture, forestry and other industries. ♣

### CANE TOADS IN KAKADU

The introduced pest, *Bufo marinus*, has been sighted by park rangers in the southern section of Kakadu National Park. The toads are now within 15 kilometres of the headwaters of the South Alligator River. Concerns are that indigenous species, including quolls, lizards and snakes, will be put at risk by eating the toad and succumbing to the poison in its skin. Scientists predict that within two years *Bufo* will have colonised most of the Park and be as far north as Darwin. The CSIRO is being funded to develop

a biological control for the pest, however, this is not expected to happen in time to prevent its spread. ♣



grasshopper laying eggs

### SAFE GRASSHOPPER & LOCUST CONTROL

For centuries the livelihoods of many African farmers have been threatened by crop damage caused by grasshopper and locust plagues. Overuse of pesticides to halt the hoppers has resulted in health and environmental damage. The release in Africa last year of a biopesticide that uses a naturally occurring fungus, *Metarhizium anisoploae*, deadly to the pests and without the unwelcome side effects of chemical applications, offers hope to many struggling farmers – and not only in Third World countries. Large-scale field trials of *Metarhizium* in Australia, under the auspices of the CSIRO, showed a 90 percent reduction in migratory locusts from 7 to 15 days after treatment. Once infected by the fungus, pests die in 4 to 10 days. ♣

### MINIMISE VEHICLE IMPACTS

For every litre of fuel used, a car emits an average 2.25 kg of carbon dioxide into the atmosphere, contributing to the greenhouse effect and climate change. The following hints for reducing damaging vehicle emissions come from the Sustainable Energy Authority.

- Choose the most efficient vehicle for your needs.
- Ride a bike or use public transport where possible.
- Drive smoothly with the flow of traffic to save up to 1 lt per 100 km.
- Cruise at 90 km/hr instead of 100 km/hr to save about 1 lt per 100 km.
- Keep tyres correctly inflated to save up to 0.5 lt per 100 km.

• Keep the car well tuned to save up to 0.5 lt per 100 km.

• Remove unnecessary weights such as tools or luggage to save up to 0.5 lt per 100 km.

• Visit your nearest Energy Smart Advisory Centre to check out your car emissions on the Motor Vehicle Consumption Program. (Ring the Sustainable Energy Authority in your state for details.) ♣

### WATER SUPPLIES THREATENED

A recent national audit of water resources has found that one in four of our rivers and a third of our ground water is being used unsustainably, with the main culprits in water degradation being irrigators. Almost a quarter of the water taken from both sources is lost through evaporation or seepage before reaching its end user. Since 1983 total water usage has increased by 60 percent; irrigator use by 70 percent, accounting for three-quarters of all water used; and urban and industrial uses by 53 percent. Biggest increases in state demands were from Queensland (up 145 percent) and NSW (up 52 percent). In Victoria a 12-month stream-flow mapping project is underway to provide catchment management authorities with the data to more effectively manage water resources. ♣

### POLLUTION CHANGING RAINFALL?

Computer climate modelling is indicating that atmospheric particles (aerosols) caused by burning of fossil fuels and biomass may be causing a southward shift in tropical rainfall patterns. Cloud droplets form around the tiny nuclei of the aerosols. In more polluted regions there will be a higher concentration of these cloud droplets, resulting in clouds becoming brighter and reflecting solar energy back into space. The consequent cooling is believed to be altering rainfall patterns, possibly leading to more rainfall in tropical Australia and a reduction over the Indian subcontinent. The localised cooling effect brought about by aerosols is at odds with the likely warming of the greenhouse effect. ♣



# FEEDBACK LINK-UP FEEDBACK

**Dear Grass Roots Editor,**

For seven years I drank **KOMBUCHA TEA**, but can't find anyone around Maryborough, Qld, who can supply me with a plant. Can anyone out there help me please?

**Brenda Perry,  
297 Stottenville Rd, BAUPLE ESTATE 4650.**

**Dear Readers,**

I have a wee favour to ask. In my search for **BANANA PASSIONFRUIT SEEDS** or seedlings, no luck, although found plenty of the round brown passionfruit. Can anyone help with the banana passionfruit?



**Marie,  
Box 1002, ARMIDALE 2350.**

**Dear GR Readers,**

I guess you must all be interested in where Mrs Quaedulieg buys her **AMARANTH**. I have tried for years to buy it, but no luck. I wrote to the address of Mrs Q given in GR142, but my letter came back. Please Mrs Q will you kindly let us know the supplier? My health store would love to know that they can order amaranth. Or call me on 02-6649-2525 at nights. Or write to me.

**Stefanie Krocker,  
4 Simons St, CORINDI BEACH 2456.**

*We have seen amaranth in our area in the health food section of Safeway.*

**Dear Folk,**

I have enjoyed reading all your letters and articles over the years, and am now in search of a little GR place of my own to buy. I am a semi-disabled mature female on a long journey in a small motorhome and would appreciate **PRIVATE ACREAGES TO PARK ON** during my travels from Yeppoon to Coffs Harbour and up to 200 kilometres inland. I am completely self-contained, have no children or pets, and can pay a small camping fee.

**Wanderer (GR145),  
PO Box 117, SEYMOUR 3661.**



**Dear Readers,**

Is there is anyone who has any **OLD BUTTONS** they don't want? I collect buttons and would be grateful for them. Could you please send them to me. I would also be grateful for any **MANGO RECIPES** and patterns for bootees.

**Jane Coad,  
77 Tooley St, MARYBOROUGH 4650.**

**Dear Grass Roots,**

Last time I wrote to you I wanted to know if anyone had any spare **TONGUE LETTUCE** (GR137). I got two replies and they both said the same thing and that was that tongue lettuce was the same as Cos lettuce. The first one was in a letter I received and the second one was in a letter to you in GR139 from Colin Law.

I bought a packet of Cos seeds, knowing that it wasn't the lettuce that I was after, but I thought that seeing as two people made the effort to try and help me that it was the right thing to do. I was eventually lucky enough to get some of the seeds that I wanted locally and now I have some seeds to give away. I would like the two people who tried to help me to send me an SAE so that I can send them some seeds and they can see what we call tongue lettuce up here. Other readers can send an SAE and I will try to accommodate them, but if there are a lot of letters, some may have to wait until I get more seeds. It will be worth waiting for as this is a good lettuce. When I first got the seeds about 50 years ago I was told that it was impossible to buy them and that you had to keep your own each year.

**Robt Winterburn,  
8 Loves Lane, Rosslea, TOWNSVILLE 4812.**

**Dear GR Friends,**

I refer to the article that I had published concerning a **SMALL OIL PRESS** (GR139), and the reply written by Mr J Attwood, president of the Oxley Co-operative Ltd (GR142). I assure Mr Attwood that the interests of the above organisation will be in no way compromised if people want to do their own thing and press oil from the bucketful of fruit that they gathered from their own olive tree.

I am sure that readers are quite aware where they can get commercially produced olive oil of guaranteed purity, but this is not the same as doing their own thing and pressing their own oil from their own fruit, little and all as it may be. What does it matter how long it takes to press the oil that they get, just as long as they are enjoying themselves?

Regarding the contamination that was extolled: The first oil pressed out would cover the naked metal and then further oil would pass over it and not come in contact with the steel, and anyway the oil produced would not last long enough to oxidise; it does not happen on the spot. The material used would be sterilised, and one fine sterilising agent has been around for a long time – boiling water.

The mistake I made was to take the word of other people at face value. I should have waited till I could get fruit and try pressing it to make oil myself, a mistake that I will rectify later in the year and I will publish my findings.

Mr Attwood emphasised stainless steel. Olive presses have been around for a long long time, and I am sure King Knossos did not have stainless steel 4000 odd years ago, but they used a lot of bronze and sure pressed a lot of olive oil. I bet only the best would do for King K, and the oil would have to keep as it was traded all round the Mediterranean. Stainless steel has only been in general use for the last 50 years.

One of my Greek Australian friends started in the olive industry at an early age picking up olives off the ground, his tally improved remarkably once he learned to walk. He has given me a lot of insight into the olive pressing industry, and told me recently that owing to chemical contamination in Greek olive oil, pressing factories have been closed down and the olive producers are doing just what Mr Attwood said that his producers would be doing if it was all that simple. They are pressing their own as they did in days gone by, before co-op factories became the only way to go. Anyway, it is a far cry from pressing a tonne or two out the back to pressing hundreds of tonnes.

The growers from the Oxley Co-op are to be commended for tossing in 10 grand each towards installing a press. My friend 'Happy Harry' bought a complete plant in Greece, he cleaned, sterilised and painted it before he could import it, and I assure you that it was not cheap. By the time his trees start producing, the plant will be up and running. He could have joined a co-op, but he wants to do his own thing. Recently he received a request from his dear old daddy back in Greece: 'Son, please send me 20 litres of Australian olive oil.' This in itself is an indictment against the Greek olive oil industry, and a commendation for the Australian product.

My gratitude goes to Mr Mark Diomiotis of Hampton; his criticism of my article was far kinder and more helpful. I would appreciate feedback from people who have put the press together, comments both good and bad. The good points can be improved and the bad can be rectified. With a united effort we can come up with a machine which is practical. Perhaps plates to press the olives between would be more practical and the steel could have a stainless steel sheet cover.

**Wally Davies,  
CMB PARACHILNA 5730.**

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

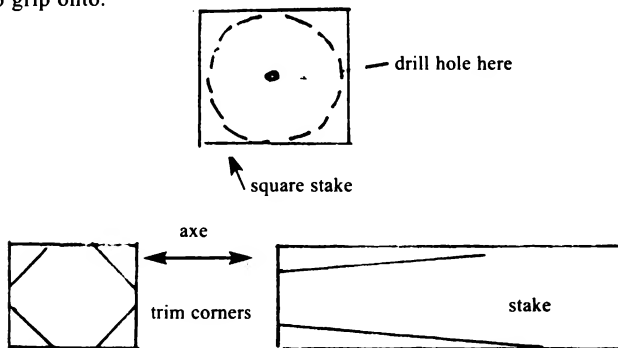
# FEEDBACK LINK-UP FEEDBACK

Dear GR,

A new book **ESSENTIAL FOR ALL PARENTS** and child carers is: *The Toxic Playground*, by Jo Immig, available from The Total Environment Centre. The growing epidemic of asthma and other respiratory diseases, ADHD, increasing levels of DDT in breast milk (even though DDT is no longer sold), toxic arts and crafts materials, toxic air quality in domestic and office buildings are all covered in the book. It should be in all libraries, if it isn't it should be.

I'll throw in my two bob's worth and say that besides all of the above, modern cars are full of toxic materials and can no longer be hosed out as could the old FB Holdens with their rubber floor mats, vinyl seats, in fact none of the 'modern' absorbent items like carpet and fabric seats which harbour dust, dust mites, fleas, pollens, mould spores, moisture, bacteria and viruses.

When putting tomato stakes or banana tree props, both made of hardwood, into the ground, I predrill the ground to make it an easy job to hammer in the pieces of wood. An old carpenter's brace and bit, a little smaller than the timber that is to go into the hole, works fine. A small electric rechargeable drill makes it even easier to drill the hole in the earth. If you have shale or lots of rocks in your soil, you may need a heavier duty drill and bit, and maybe a two-metre crowbar to shift the rocks a little. Axe the leading corners to ease stake placement. Drill the hole slightly smaller than the stake width so the stake has something to grip onto.



I am no psychologist, but when I am visited by my city-dwelling friends at Christmas I suspect from their various behaviours and moods a general malaise/melancholy that somehow they are missing the whole point of living. I could summarise them as generally hyperactive, which is maybe masking a certain amount of depression. The way they drive, talk, move, walk is all of urgency. Some Germanic friends arrived and presented me with their timetable so I would know what they expected. This timetable was in 30 minute brackets! I have framed it and it hangs on my bedroom wall, a reminder as I wake and think about the day ahead not to take myself too seriously and to enjoy the day.

This last year presented me with new things, new ideas and challenges to keep my brain active. New products on the market are so simple and effective and some are just a new way of using an old product:

'Swiffer', an electrostatic paper towel or cloth for removing fleas, dust or hairs is just the trick for when the cats and dogs are moulting (and on the animals even, to prevent fur balls). Made in USA. Now I wonder why Australia can't make electrostatic paper towels?

'Tomcats' glue traps consist of very sticky cardboard pest traps. Find out what creepy crawlies are sneaking around your house by hiding them in dark places in the house, cupboards etc. Made in USA. Now I wonder why Australia can't make sticky

cardboard?

'Fly Traps', sticky strips of brown paper hung from the ceiling to catch flies, mozzies etc. Made in China. Now I'm worried that Australia can't even make sticky paper.

'Giroflex', small spray/shower heads for your kitchen sink water tap to save water and clean vegetables more thoroughly. These were available years ago and are now available again through Mareg Pty Ltd, Queensland, phone 07-3821-2492. A wonderful idea, probably saves 50 percent of your kitchen tap water and makes your kitchen tap so much more effective at cleaning things by increasing the pressure of water through small holes. Councils should hand more out free, they would save the purchase price many times over by not having to increase the water supply, pumping equipment and water reticulation grid as the number of houses increases. Made in Italy, oh well.

Sink drain strainers to stop most of the garbage put down our drains from clogging the system. These are stainless steel round plates with at least 55 three-millimetre holes punched in them. Manly, NSW, council distributes these free for obvious reasons. Cost 50 cents each, but save thousands of dollars every year. Made in Australia, what a miracle.

Amaranth (GR142 page 41): I've begun to eat this grain with the hope of overcoming to some degree OAFS (Old Age Fatigue Syndrome). So far so good, using the cereal form and flour, with recipes from *Baking for Health*, by Linda Edwards, published by Harper & Row. I can see it written on the packet (hooray) that we grow amaranth in Australia.

The Morrison shelter, named after the British Home Secretary 1940 - 5, Herbert S Morrison, was a sturdy indoor steel table-shaped air-raid shelter and saved many lives during the Second World War when houses collapsed due to aerial bombs. The idea was that when the ground began shaking from the bombing you dived under your very strong steel table/desk.

Surely we could make these survival shelters in Australia and export them to earthquake-prone countries and save many lives while helping our balance of trade. Fixed to the underside of the table could be a two-litre bottle of water, some nose masks, an emergency beacon, and some Mars bars for whiling away the time until you were rescued. Sounds sensible to me, but maybe to nobody else.

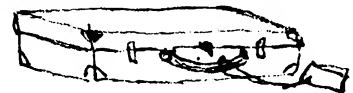
**Roberino,**  
Lot 4, ARRAWARRA BEACH 2456.

Dear Grass Roots Readers,

I am soon **RELOCATING TO HOBART FROM SYDNEY** and know not a soul. I am wondering if people who live in Hobart, or who have lived/travelled around there, would be interested in writing to me to tell me about various activities and places of interest in the region. I am especially keen to join a hikers'/outdoor adventure club, vegetarian and animal rights group, environmental protection society and pilates and languages classes (German, Italian, etc), and would welcome recommendations on good places to learn about permaculture, self-sufficiency, biodynamics and Steiner teaching.

Thanks to all those who responded to my ad in GR142 for penpals. I had a great time reading the enthusiastic and heartfelt letters. What an inspiration to enjoy life and nature! I feel happy that I am surrounded by fellow nature lovers. Thanks for a great magazine too!

**Alison Bender,**  
Lodge-on-Elizabeth,  
249 Elizabeth ST, NORTH HOBART 7000.

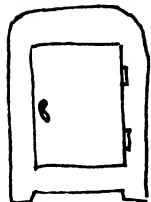


Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

I wonder if any readers can help me? I would like to **BUILD A STONE LOOSE BOX** for my horse. It gets incredibly hot and humid where I live and I know he would appreciate it. I really haven't got a clue where to begin. I have plenty of stones, but most of the advice I have been given is not really feasible. Any help with the whereabouts of a book, plan, or common sense, straightforward design would be more than helpful to me. I also breed horses (Friesians). They are a light draught and always black in colour (rare breed). Readers may have seen one in the movie 'Lady Hawk'. They have the most incredible temperament and are so versatile and easy to keep. Anyone wanting info on the breed let me know. Thanks for a great magazine.



**B Hackett,  
PO Box 280, WALKERSTON 4751.**

Dear GRs,

More on **GAS FRIDGES**. This only happens in hot weather, with the fridge turned up full bore, or working hard; fumes pong, flue blocks up straight after you clean it.

Don't sell that fridge! You've vaporised your coolant and need to leave it off for a day or two to liquidise again. Prevention – don't turn your fridge on full bore for too long; don't let clutter cover the cooling fins at the back (ooops); freeze items overnight and defrost in fridge during day to reduce load.

**J Darling,  
GUILDFORD PO, 3451.**

Dear Grass Roots,

What a store of information the magazine is! Is there anyone who has laid an **EARTH FLOOR**, or lived in a house with an earth floor, rammed earth, mudbrick etc? I would love to hear of your experiences and thoughts on the pros and cons.

**Judith,  
PO Box 4, BONALBO 2469.**

Dear Grass Roots,

It is two years since we moved from NSW mid coast to SE Qld. We thought it would be easy to make new friends in a new and growing area up here, but when you are in your sixties and on a hobby farm, no one seems to have time to be friends with you. We don't go to clubs etc because our 20 acres and all the animals and gardening take up most of our time. We would like someone to stay with us and give a hand with the horse and cows and caretake when we go away. Also, anyone travelling up this way can **STAY AND CAMP** – we have a river frontage with our own rainforest and lots of wildlife.

**D C Shortman,  
Ph: 07-5546-8676.**

Dear Readers,

I've never written to a magazine before, but we thought that a few lines in Feedback to accompany our ad would increase our chances of finding a **LONG-TERM RENTAL/CARETAKER** position in the Southern Highlands/Southern Tablelands.

We require a cottage with land to grow organic vegies and a shed to house our tools etc. We are working towards self-sufficiency and can turn our hand to most things too, so if it's labour you need instead of rent, we could be the tenants for you.

**Greg & Denise,  
Ph: 0413-229-393.**

Dear Megg,

Thanks for this great magazine, the first copy I read was number 5. Re article in No 143, page 52, 'Pesticides and Tea': The enclosed **MADURA TEA** information may help other GR people. It's available in many flavours through supermarkets and Amway distributors.

**Ian,  
Box 1133, AHERTON 4883.**

Dear Readers,

I have been reading GR for about 10 years now and this is the first time I have written to the magazine. Firstly, my congratulations to the staff and to the people who write the different articles. I am a 41 year old male, tall, like keeping fit and the outdoors, nature and animals, Christian, nonsmoking, nondrinking. I live about 13 kilometres south of Mackay in Queensland. I rent an old fishing cottage on two acres on the bank of a saltwater tidal creek for very minimal rent and it is very quiet and secluded and abounds in wildlife, including a resident croc in the creek. I also have a licence to **KEEP PYTHONS** as a hobby. I breed them and sell them as well, and also help the public learn how to live in harmony with them in our environment.

Recently, I purchased a second-hand relocatable home unit and have been renovating it and it is progressing well. I had to buy this as the pythons, in their cages, and I used to share the old fishing cottage, but now they are getting bigger and increasing in population I have let them have the fishing cottage to themselves.

I am **GROWING BANANAS, PAWPAWS** and palms around the place, but without success. We have a very wet season and then a dry mild winter most years. The soil is loamy on top, but with clay about 45 – 60 centimetres down, and it dries out very quickly. I would appreciate any suggestions on how to improve the soil. I have tried haybales and lawn clippings, but with little success. I am thinking of getting some river sand (not salt river) and manure and turning the soil over and mixing these things through it. I have rainwater tanks, but would be glad of any tips on conserving water while watering the garden.

If any down-to-earth people are travelling through, please feel welcome to drop in and say hello. I would be especially happy to hear from any interested single GR ladies as I am a single man and would like to meet someone to share the adventures of life with and a simple lifestyle mostly free from the stress of modern day living. Also, I have plenty of baby pythons for sale if anyone is interested. They do not need a walk every day, do not need feeding every day and are easy to maintain.

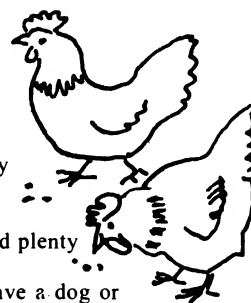
**Graeme Myers,  
MS 60 'Chelona', via MACKAY 4740.**

Dear Everyone Who Reads GR,

It's great reading your magazines. I'm especially interested in **LIVING IN RURAL VICTORIA OR NSW** and growing my own organic biodynamic vegetables and having some chooks for eggs and meat (my apologies to vegetarians who are reading this magazine). However, my diet will be mainly wholesome vegetarian fare and plenty of biodynamic, organic fruit and cereals.

I also in my ideal hobby farm will have a dog or two and maybe a cat and some budgies in an aviary. I also want to grow roses, pansies, violets, banksias and daffodils in the garden the biodynamic way. I'm also wanting to be an active practitioner of meditation and of vegetarian and macrobiotic cooking and dietary practices. Can anyone recommend books and/or give good advice on the above and other self-sufficiency matters (including dogs, cats and budgies), and also advice and literature on Buddhism, Taoism (both theory and practice), yoga, tai chi, chi kung, solar energy, renewable energy and alternative technology? People are welcome to write to me on these matters on a regular basis to have a friendly exchange of correspondence. I am also interested in hearing from poets, writers and artists who want to correspond with me so we can exchange ideas on how to write and promote our writings and/or art to others so they buy.

**Maurius Manoz  
PO Box 703, RICHMOND 3121.**



# FEEDBACK LINK-UP FEEDBACK

**Dear GR Readers,**

Over the years I have read in this wonderful magazine that inspires me every time I read one, some letters asking what it's like to live in Tasmania from people who would like to go live there. I'd like to share what we have found since moving here 18 months ago. We (along with our family and grandchildren) had a dream to live here for many years. Recently, for personal reasons, our family decided not to move here, so we have decided to sell our dream property and go back to Victoria to be near them. It was a very hard decision in one way, but not in another because family is more important. Having spent many months and dollars turning our property into a **COUNTRY PARADISE**, the home is totally renovated and we have created lovely gardens, fishponds etc out of a bare paddock. There's still room for a horse and chooks.

Country living is great here and the people in Tassie are very friendly and helpful. Even though things are a bit dearer here (they are in WA too I'm told), the beauty and the diverse range of natural things you can do and the peaceful unhurried, unharrassed lifestyle, all make up for that. The roads here in Tassie are very good and generally kept in that condition too. Despite what some media say, Tassie is not all forest and log trucks! The meat here is very good too, even the supermarket variety. A lot of people breed their own but we don't. Couldn't bear to pat it, name it, then eat it! Like all of Australia, there's unemployment, but there are jobs. We will miss beautiful Tassie.

**Averil & Oskar,  
2884 Wilmot Rd, WILMOT 7310.**

**To GR Readers,**

Greetings from two ex-Aussie residents. We are two adults skilled in and attempting to live an organic/alternative lifestyle. We also have four beautiful children whom we teach at home. We have no need for cities, hospitals, doctors, lawyers, schools, bureaucracy, mind games, chemicals, congestion, pollution and fear. We have a huge need for space, respect, love, peace, tranquillity, simple hard-working lifestyle, trees, organic food, clean water and nontoxic shelter. We have struggled for five years to find or create this here in NZ. Everywhere we've turned we just find more head games, discouragement, in fact downright opposition! Dad's almost at the bubble stage with his MCS and Mum's at her wits end struggling to help Dad maintain our organic lifestyle. Being on welfare (sickness benefit) has ruined us financially; we have stuck to alternative therapies which are not subsidised.

We keep reading *Grass Roots* and seeing the opportunities available in Oz, and have decided to bail out of this 'clean green' illusion! In our position (broke, nowhere to go), we might need some help. We are both hard-working, kind, and have much knowledge and experience to share. We are passionate, fanatical even, about simple, clean, country living. Can anyone offer us a house/land to **CARETAKE ON A LONG-TERM BASIS** in return for us maintaining your paradise (or even creating one)? We would consider anywhere in Australia as long as it is a clean environment and is suitable for self-sufficiency in all aspects. Please write.

**Barbara Cunningham,  
13 Symonds St, WAIHI, NEW ZEALAND.**

**Dear Megg,**

Thank you for a great magazine. I would love to keep a **LARGE BLACK SOW**, but does anyone else keep one near here because I can see problems regarding the boar.

Has anyone made a device to **STEAM BARLEY** by solar power?

**A Chadwick,  
RMB 9269, YOUNGS SIDING 6330.**



**Dear GR & Readers,**

Thanks again for a wonderful magazine. Would any readers be able to help me find a recipe for glacé fruit? We enjoy the glacé pears and figs sold commercially, but would like to try making the product ourselves. Would also like to know how to store it and how long it can be kept. We can also be contacted at our internet site: [tjkpower@optusnet.com.au](mailto:tjkpower@optusnet.com.au)

**T J Power,  
PO Box 377, SMITHFIELD 4878.**

**Dear GR,**

My first letter to GR, finally spurred on to comment on articles and letters in Feedback.

**GR 143, PRESERVING CHILLIES:** Another way to preserve chillies which gives you the taste and texture of fresh chilli all year round. Pick chillies, remove seeds and membrane (wear gloves!), freeze in plastic bag. When you have enough, puree in blender with some good quality oil (amount is up to you), pack into small jars and freeze. Because of the oil content, this doesn't freeze rock solid. Five to ten minutes out of the freezer is usually enough to dig out what you need, then return to freezer.

**GR 143, REMOVING STICKY LABELS:** First, as soon as you collect your jars, soak in a bucket of water for up to two days (some labels are stubborn!). Most of the labels can then be peeled or scraped off with a knife. The remaining glue comes off easily with kerosene.

**GR 140, PRESERVING TOMATOES:** For several years I have used various recycled jars with pop-top lids. These create a vacuum as the contents cool and the centre button 'pops'. Use only lids with seals in very good condition. Peel, chop and cook tomatoes, about 20 minutes. Meanwhile, stand jars and lids in a large pan with a small amount of water on the bottom (I use my pressure cooker, without pressure), steam 20 minutes. Fill hot jars with tomatoes, put lids on quickly. Don't use this method for any other vegetable; tomatoes are safe because of the high acid content.

**GR 140: PASTA MAKERS** are usually available from Italian produce stores, along with gadgets for removing skins and seeds from tomatoes.

**GR 140: DIY DUAL-FLUSH TOILET:** Several years ago I bought a small plastic gadget which sits inside the cistern, about the size and shape of a large ballpoint pen. The water only flushes while you hold your finger on the button, so you can have a short or long flush, unlike a brick in the tank. It cost around \$10 from Planet Ark, and I have also seen it advertised in a Greenpeace catalogue.

And finally, **GR 143:** Roberino mentions using Zest or Aquasol through his watering system. New growers may not realise they are a 'no-no' in an organic system, being soluble chemical fertilisers. If you are going organic, far better to use liquid seaweed and/or fish emulsion for an added 'boost'.

**Julie Woodman,  
11 Urch Rd, ROLEYSTONE 6111.**

**Hi,**

I'm interested in **TRAVELLING WITH A HORSE AND WAGON** and am wondering if there is anyone out there who has any info which may be of help. I would be interested in hearing from anyone who has travelled with a horse and wagon, or knows of someone who has whom I might be able to get in touch with. I am also looking for info on where to find a wagon; where to find harness and driving gear, particularly training gear such as a biting harness; and where to learn about driving with a horse and wagon. Suggestions and advice on the best horse would also be appreciated. Looking forward to hearing from you.

**Jenny Emonson,  
PO Box 6514, MACKAY MAIL CENTRE 4741.**

See Judy Clark's articles about handling heavy horses in GRs 129 & 142. Judy can be contacted on 02-6493-6569 for information about training weekends.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & All at GR,**

What a wonderful magazine. With all the consumerism, waste and greed around us, what a joy to read that there are so many other people out there that care about the environment and things that really matter in this world. I used to feel very alone and think I was part of a very small minority, especially in the street I live where even though we had water restrictions so many people were still using hoses to wash and rinse their cars on a very regular basis (very important) and having sprinklers going all night; it's a bit hard to take.

I really enjoyed your TV interview with 'Today Tonight' Megg, and was very interested to see your shadecloth over the veggie patch; I wondered how you actually kept the whole thing together (the shadecloth cover I mean).

Also, can anyone give me a few **TIPS ON GROWING CAR-ROTS**? I sow them in sand most of the time and I'm lucky if I get six or seven seeds to germinate out of half a packet of seeds. I tried using organic seeds this time, got quite a few up but after five months in the ground a lot of them are going to seed. The ones that aren't are very strong in taste. A few people were extolling the virtues of 'Charlie Carp' liquid fertiliser. I thought: this is it, this is the missing ingredient, as well as having a Dynamic Lifter-type fertiliser with seaweed and other stuff in it and Alroc dug in before planting. I would really appreciate some tips here.

**Bridie Manser,**  
10 Gloaming Ride, MELTON 3337.



**Dear Grass Roots,**

My letter to you enquiring if anyone had a particular type of exercising **BODY SHAPER** was successful – I received exactly what I needed and I thank you very much for your help. Also, I was sent another type of body shaper by some kind person. The only clue is that the postage was from Mackay, Qld – no sender's address. If this person reads my letter, I want to extend my appreciation and would gladly recompense in some way for their thoughtfulness. Also received the NG bean seeds, thanks again.

**Marguerite Leslie,**  
12 Kristy Crt, MORAYFIELD 4506.

**Hi Megg and All GRs,**

Been reading your mag since number 27. It is, as we all know, a wealth of information. I have surprised myself and others by drawing on something read years ago at the precise moment it was needed. Impressed they all are; they think I'm a genius, a reincarnate of a time past, an inventor, a homoeopath, an environmentalist, a vet, horticulturist, permaculturist and many more 'ists' to boot. I just say 'read it in GR'. Your wonderful magazine is the reason I am capable, confident and happy to take on any task. Thank you to all the contributors over the years.

I have finally leased four acres and am raring to go – one step at a time; I learnt that from GR. Moving is a task not taken on with relish, but the final destination is well worth the headaches. These precious magazines weigh a tonne! Thank you for giving me the courage to follow in the footsteps of so many. To Sharon and David Kellaher; all best wishes and good luck to you and yours on your move to your piece of paradise.

**Colleen Harrod (ex-Millfield),**  
Lot 42 Congewai Rd, CONGEWAI 2325.

The efficacy and/or safety of advice on these pages cannot be guaranteed. Readers are urged to take all common-sense precautions before undertaking any procedures that could possibly cause a safety risk to themselves or others. When in doubt, consult an expert.

**Dear GR,**

Greetings to all GR folk. I'm looking for information on growing, drying and marketing **TOMATOES, CAPSICUMS AND EGGPLANTS**. Hoping to grow our own in hothouse or hydroponic systems through winter. Any suggestions welcome.

Also interested in travelling around Australia in a year or two – have a **BUS TO CONVERT** and hope to do a bit of **WWOOFing**. I'd also like to **RAISE CHICKENS** for home consumption. All information appreciated.

Hope to build this year a **PASSIVE SOLAR HOME** with compost toilet and greywater management. Trying to keep costs down and having trouble dealing with local council re all the various fees. Anyone who has been there and knows our concerns, your advice will be appreciated.

**Barry & Denise Watts,**  
594 Lansdown Rd, CUNDLETOWN 2430.

**Dear Readers,**

I gave **ROGER OLIVER** some German rye bread hints. Well, he did ask me to answer again. I did, but his letter came back to me. So if Roger reads this here is my new address:

**Rosemary Krockner,**  
265 Mountain Top Rd, DORRIGO 2453.

**Dear Grass Roots,**

I would like to contact users of **HOLOSINC** tapes and/or **SOUND THERAPY** tapes to discuss benefits, experiences etc. Users in the north-east would be preferred; however, I would respond by letter or phone to anyone who contacted me.

**Jim Shanks,**  
27 Walkers Lane, BRIGHT 3741.  
Ph: 03-5750-1007.

**Dear GR,**

I really enjoy your magazine and get a lot of information from it. I am hoping maybe a reader can help. I am looking for some **SUGAR BEET SEEDS**. I want to grow some for our pigs. They were used by my grandparents in the 1950s – 60s for fattening pigs and I would like to try them but cannot find any seeds.

**Kaylene Coltish,**  
1788 Holwell Rd, FRANKFORD 7275.

**Hi Everyone,**

Thanks to everyone who makes the magazine such an informative one! I have a few queries that I hope someone in the GR community will answer. First, does anyone have a contact address/phone number for a LETSystem in the **CESSNOCK, NSW**, area?

Second, does anyone have any recipes that they would like to share suitable to use in a **SOLAR COOKER**? I have been reading about using a foil-lined wheelbarrow as a solar cooker and would love to try it out!

**Kerrie A.**

**Dear Readers,**

We are a family of four living in Kookaburra Park Ecovillage in Queens[land]. We absolutely love it here, the people, lifestyle, and the nature. However, we would love a **STEINER EDUCATION** for our two children (ages four and one). There is no Steiner school nearby and so we have decided to 'Steiner home school' them. If there are any families out there who would be interested in joining us on this adventure, we welcome you! Maybe you thought of moving to an ecovillage but the lack of a Steiner school nearby stopped you? Also, are there any families out there currently home educating along Steiner lines who could write to us and tell us of their experiences? I'm especially concerned about the pressures on my children to go to school 'just like everyone else'. Thank you for any and all responses.

**Kimberlee and Stephan Soule,**  
Lot 12 Kookaburra Park, GIN GIN 4671.



# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers,

I have been reading and learning from GR now since issue number 6 and I have never written before. Now I would like some **ADVICE FROM CARING PARENTS**. We, my husband Ray and myself, have had in our care since very young, our grandson who is now four. He is lonely on occasions and watches all videos and cartoons recommended for kids, but boy oh boy, sometimes he just wants to 'box' and 'fight' with anyone who comes into our little store, and we would like to know if anyone knows of any fun videos without the violence? He is shy really, and we want him to show our customers the gentle caring person he really is. We can't take all the videos from him, but would like to replace some for better choice.

Dot,

**Rossville General Store,  
Bloomfield Rd, ROSSVILLE 4871.**

*As well as obtaining some videos you judge to be more suitable, perhaps your grandson needs more exercise. This can be difficult in your situation. Try a mini trampoline that can be used indoors, a pillowcase stuffed with wool and hung from a beam as a punching bag, balloons and pingpong balls to chase and throw around, and opportunities for running, jumping, climbing outdoors as frequently as possible. All these activities are essential for his mental as well as physical development. Good luck.*



## Dear GRs,

There is a group of **OLD HOMES FOR RENT** on a property here on the Northern Tablelands, with possibilities for a culture-based community of ethically similar crafters, artists, organic gardeners, home-makers, earth-carers (any Schauburger enthusiasts?), builders, kite-flyers etc. There is space here for mutual support and future goal setting. Schools nearby, including a Steiner school.

I am in my 60s, female, fit (worker!), vegetarian, with a background in sustainable 'intentional' settlement. I am considerate, helpful and giving; this all comes to an abrupt end in the presence of animal abuse/neglect. I value cleanliness, an organised approach, and a little 'giving', appropriate to ability/age etc. Anyone still interested? Contact me. Note: the homes will be vacant on 4th May 2001.

**Yarradale, BEN LOMOND 2365.**

## Dear Readers,

What is it going to take before the people of Queensland start caring about their own environment? At this time in history there is absolutely **NO JUSTIFICATION FOR THE REMOVAL OF ONE SINGLE TREE** in the state of Queensland. Every single tree we lose is enormously detrimental to our lifestyle, our health, our biodiversity, our soil, and our future. Any tree earmarked for removal should be left alone until ten have been firmly established to replace it. This applies for private property, developers, suburban households and all levels of government. I challenge anyone to demonstrate that the preservation and restoration of our precious trees isn't essential right now. I expect a resounding silence and, I fear, continued devastation.

Sue Thomas,

**PO Box 1180, BONGAREE, BRIBIE ISLAND 4507.**

*Sue is deeply concerned about tree removal in her area and would like to be contacted by others sharing her concern.*

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

## Dear Grass Roots,

Alison of Barmera wrote a good letter and was asking for tips to get rid of **ONION WEED**. To me it is one of the Creator's gifts to help maintain good health.

Could you consider keeping one small patch for eating raw in salad, for soups and stews etc? I also dry the green tops and use when it is out of season, also chop and freeze some to add to salads, pizzas, stir-fry and quiche.

Green onions, in 1 cup, have 5000 international units of vitamin A, 60 mg calcium, 20 mg magnesium, 256 mg potassium, 0.44 mg zinc, 4 mg of sodium, 45 micrograms vitamin C, 4 micrograms selenium. There is much more in them, but I hope I have encouraged you to see these 'weeds' in a new light and that French onion soup pops up on your menu from now on. I also save a few of their seeds occasionally in case Mother Nature decides to wipe out some of her bounty. I'm aware that to dig up all of the plants is a tiresome job, but my feeling tells me that to dry and preserve these is the answer and you may be awed by the future results of this.

As to locusts - I wonder if you made a concentration of your onion 'weed' and sprayed with it could it be a solution?

We dry most foods here on our organic farm and envy you your apricots Allison.

Grass Roots has been a pleasure and help, so thank you GR for your so very helpful magazine.

Irma Patterson,

**PO Box 4030, KAMO, NORTHLAND, NEW ZEALAND.**

## Dear GR,

I don't actually subscribe to GR; however, my very good friend shares each issue with me. Thank you for such a quality magazine. Even though I live close to the heart of Brisbane, there are two **HUGE MANGO TREES** in my backyard. I've been told that one is a turpentine mango, and that the other is a peach mango. Since I wouldn't know one from another, I have to believe this. During a good season we have literally thousands of mangos. Would anyone have ideas on different ways of making use of this bounty? I have one recipe for green mango chutney, but that's about it. It would be wonderful to be prepared with the necessary equipment and ingredients before the next season starts! I would appreciate any and all suggestions.

Veronica Barrett,

**PO Box 2190, ASHGROVE WEST 4060.**

## Dear Grass Roots,

I am writing in the hope that someone reading this can help me with information about a cream by the name '**ALDARA**' that has achieved a 90 percent cure for skin cancers such as basal cell cancer. The pharmacies do not know about it here, neither does my doctor, although the cream is supposed to be on prescription. Apparently, the chemical in this cream comes from a plant called 'radium weed', but I do not know the botanical name. I would be very grateful to hear from anyone who knows anything about it.

Paulette Chardon

**12 Kristy Crt, MORAYFIELD 4506.**

## Dear GR,

Thanks for running our bead ad in your Grassifieds for the last few years. We get a great response from people all over Australia. I have been intending to write this letter for over two years now. On 30/7/98 a person called Suzanne Winter wrote requesting a catalogue, but didn't include her address. So if you are reading this Suzanne, of if you may know her - please get in touch.

Any **BEAD FREAKS** out there travelling Oz - drop in and say hello. Walpole is a beautiful place to visit and an even better place to live! May all beings be happy!

Jane Roberts,

**PO Box 129, WALPOLE 6398.**

email: [tsunami@wn.com.au](mailto:tsunami@wn.com.au)

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Mary,**

This is belated thanks for publishing my short treatise on stone fence post building last year. I had forgotten all about it and, consequently, got a pleasant surprise. We have had an interesting time of it up here over the last year or so. Some time ago our neighbours suggested that they and we should put in an application to the Land and Water Conservation Authority for funds to **REAFFOREST AN AREA** on both sides of our boundary fence which was devoted at that time to a wilderness of lantana and other undesirables. We did so, and, *mirabile dictu*, the Authority came across with enough cash for clearing the area and planting and tending 1000 rainforest trees on each side of the fence, for a period of five years. In consequence a team of young fellows hacked away at the offending weeds and planted a lot of the trees. Then came sundry problems. First of all the local wallaby band became aware of a fresh source of food and those seedlings to their taste rapidly lost their foliage, so an electric fence had to be interposed between the macropods and their new-found delicacies. This stopped their inroads and the surviving trees started to take off. Then we had a very dry spring and, in August – September, a howling, desiccating wind from the north-west which played merry hell with the newly planted trees and wrenched the tops off some of the fully grown ones which we had planted years ago. The availability of loads of winter firewood didn't really make up for the losses of young trees, but there was a dramatic improvement in the weather at the year's end and in the new year, so much so that quite a few of the seedlings rose from the dead, and the replacements for the corpses are leaping out of the ground.

There has been a temporary hiatus in my outdoor activities, brought about by a second hip replacement early last November. The op was 100 percent successful, but the convalescence was a bit longer than I anticipated, due, no doubt, to galloping senility. However, I made a complete recovery just in time to be able to cope with the results of the gentle little hurricane which dallied off the coast of the Northern Rivers earlier this year. We had some quite hefty trees flattened and, as a consequence, chainsaw and mulcher have been well and truly overworked. A pox on global warming which is playing merry hell with our climate, and globalisation which is stuffing up our economy.

As a consolation, our donkeys are thriving and our Brown Leghorn-bantam cross chookies are dishing out eggs and chicks with enthusiasm, to our great pleasure, and also that of our resident black and green goanna which is looking very sleek indeed.



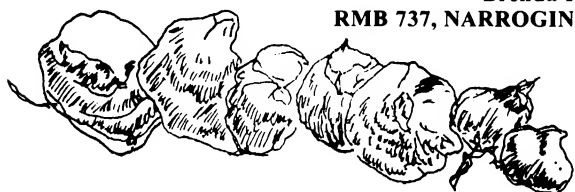
**Margaret & Peter Carr,  
300 Emerson Rd, ROSEBANK 2480.**

**Dear Grass Roots,**

We need a recipe to make **CORNERED MUTTON**, also silverside (beef) and pickled pork. The recipes we've tried almost taste right but don't look right. We hope readers will help us.

Does anybody in WA have any **JERUSALEM ARTICHOKE TUBERS** I can buy? I want about 100 kilograms to plant out in August – September, I haven't had any luck trying to buy elsewhere. Even the vegie shop owner says he will have trouble getting more than five kilograms. I want to try growing them for stock feed.

**Brenda Porter,  
RMB 737, NARROGIN 6313.**



**Dear Grass Roots,**

I am now the proud owner of a **GUNDAROO TILLER**. Thanks to GR. I got six letters telling me where to buy one.

Has anyone got **WORMS TO SELL**? I want to restock mine.

**Jack,**

**No 4 Cannon St, TOOWOOMBA 4350.**



**Dear Grass Roots,**

Many thanks for your wonderful magazine which has provided me with many hours of reading as well as some fantastic ideas. I have made contact with a few readers after finding topics of similar interest and also as a response to a letter I wrote. This immediate feedback is fantastic. It really helps to know that other people are in just the same boat as ourselves – struggling but learning about the land we have chosen to develop.

**H Rayner,**

**PO Box 495, CLARE 5453.**

**Dear Grass Roots,**

I plan to go **WOOOFING AND TRAVELLING** in July through NSW, Vic and southern Queensland. I am looking forward to surrounding myself with inspirational people. I would be interested to know if any gay and lesbian communities/properties exist. I would also like contact with other young gays interested in environment and sustainability.

**Dale,**

**darira@yahoo.com**

**Ph: 0416-249-805 (leave message & I will return call).**

**Dear GR,**

I would be interested in any recipes that do not include dairy products, sugar or wheat. I am particularly interested in **VEGAN RECIPES** that would please my husband and seven year old child. It is difficult finding treats to put in my child's lunch box when so many of his school mates are eating lollies and potato chips. I am trying to find healthy foods that resemble their not-so-healthy counterparts. Main meals that look and taste hearty are also of some interest. Are there any meat substitutes that really taste like meat? Price is a factor here – I find that meat substitutes and organic food can be very expensive. GR readers may have helpful tips.

**Linda,**

**C/- PO Box 379, BORONIA 3155**

**Dear GR,**

In issue 102 (April/May 1994) of your great magazine I wrote a letter about the friendship I had formed a few years before with a **PRISON INMATE**. I am back again to say that the friendship is still alive and strong! He was released in October 1995 and is now in the process of buying a house. We have both had family problems and job problems, plus he has had a couple of legal problems over the last nine years, but we have stuck together and supported each other. I truly believe that my affection and support has helped my friend over a few fairly serious rough spots, and I know he has held me up when I have needed it. I never thought of him as a criminal, but as a person who had committed crimes. Now he is a person who has committed himself to building a life and future. I hope that we will be part of each other's lives and futures for as long as God gives us. Give it a go! Reach out to someone. You never know what beauty is in a person until you care enough to search for it.

**C H, VIC.**

Health tips are printed for readers' information and interest. *Grass Roots* staff, and most Feedback writers, are not qualified to offer specific advice for the treatment of serious medical conditions. Readers are urged to always consult a qualified practitioner of the desired modality.

# FEEDBACK LINK-UP FEEDBACK

## Dear Friends,

I am seeking 'Carol'. The Carol who lives near Dubbo (I think!) ... who loves Jerusalem artichokes and her goats ... who honoured me by naming one of her pet animals after me. Would that Carol please send me her name and address so I can answer her letter that I have treasured since 1995. Please let me apologise and explain.

My wonderful old mother died at the great age of 97. Physically she felt more comfortable with a walking stick, but mentally she was as alert as a young woman and still enjoyed a game of bridge or solo. Her three miracle foods were lecithin, dolomite and brewer's yeast and she sprinkled about a dessertspoon of each on her breakfast cereal every morning for years, maybe a little less dolomite.

For nearly 20 years I have read and reread GR and every hint that I think I might use one day I enter into an exercise book. This exercise book is now so full that it bulges and every time I pick it up treasured scraps of paper float to the floor.

Something else that I cherish is a scrapbook of my children's unique and funny sayings. For instance, my grandson of 12 thinks that five hours in school is five hours wasted. He has friends and likes the teachers (well, sort of!), but he could spend five hours doing so many more interesting things, according to him. So, with the aim of focusing his attention on maths and woodwork and his favourite subjects, I asked, 'What part of school do you really like best?' 'Lunchtime and recess,' he replied without hesitation.

I am so grateful to the friend who put that idea in my head by showing me her own scrapbook. Enter everything – their little sayings and habits, their sicknesses – especially these as you are so sure you will remember, but you don't.

When the children were little we leased a farm for three years, and every week I would write a letter to my mother, telling her of the regular floods that meant we had to send the cream over the river in a flying fox and a friendly neighbour would take it up to the cream truck three times a week, plus the day-to-day dramas of ordinary farm life. I asked her to keep those letters so I could relive them in my old age. My dear old mother-in-law in Ireland also said she would like to read them so I bundled up a year's outpourings and posted them over. Tragically, she had two rapid strokes and died and soon after that the family had a huge cleanup and bonfire, and that included my letters.

When we children were convalescing after the flu or other illnesses and did not feel very interested in food my mother used to make 'fairy porridge' for us. Bring some milk almost to the boil, thicken with cornflour and water to make a runny consistency. Boil for a moment. Add a little sugar and a knob of butter. Very palatable.

Incidentally, if you make custard on a stove, to prevent that thick coating of custard on the bottom of the saucepan put the milk in first, then add the sugar, but do not stir. Let the milk almost boil, then stir as you add the custard-powder-and-water mixture. It will boil again almost immediately. Remove from heat and you will have an easy-to-clean saucepan.

My grandfather used to like bread-and-milk for his breakfast. Cut a slice of white bread into cubes, put in a pot and cover with milk. Bring to the boil then add a sprinkle of sugar.

A simple deodorant is bicarb soda; its benefits last a whole day. Wash with soap and water, pat dry, apply a fingertip of water to the area, then smooth on a fingertip of soda. If a buildup occurs after a month or two, use vinegar for a while to neutralise the soda.

If Shirley Svensson lived in Mitcham in 1953, I had the pleasure of knowing her!

Bea Scates,  
95 Government Rd, NORDS WHARF 2281.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

## Dear Megg & Everyone at GR,

I am galvanised to write to see if there is anyone out there who has gone through the machinations of the **PLANT VARIETY RIGHTS REGISTRATION**, or who has sold a fruit variety to a plant company. We have developed some apple varieties over the years and would like to see if they could have some commercial application. Certainly, we have a couple that would be only suitable for cider making, or maybe cooking applications, but there are two or three that might be worthy contenders for the purpose of eating as fresh fruit.

One apple variety is a very attractive red with reasonable keeping qualities, while another is not as engaging to the eye or as long keeping, but a very nice tasting apple just the same. The other has a more unusual taste and texture and is a dull streaked red colour. These three are the best that we have grown so far, but the problem is that we are unable to find the way that new varieties are marketed. We are familiar with the plant variety rights legislation, but this is too expensive for us to commission, so we need an alternative, if one (or more) is available.

We were not supporters of plant variety rights, but it would appear that most people find it acceptable. When this legislation was first mooted, we supported Michael Self of Phoenix Seeds in a fight against it, but the majority won, and it is by majority rule that we live in this society. If anyone is able to assist us, we can be contacted at the address below. Our email address is as follows: ariestaol@telstra.easymail.com.au

It is interesting that we have been living like many who write and subscribe to this magazine for over 20 years now. Much has changed in that time, on all levels, but one thing is certain – that it has not been the road to financial prosperity for us, but, as can be seen, we have survived. We have always hoped that someone out there is doing well. Like Possum Jack's wife in GR 143 says – when asking for help, it is a courtesy to send an SAE, because the people living in this way are mostly strapped for cash, living from hand to mouth. With email it's just so much cheaper, and much more immediate.

I know that we have been labeled 'struggle junkies' at different times. Things have changed a little on the comfort front. Money is still shy with contact, and an endangered species around us, but who would want it any other way? It certainly keeps life exciting. Good luck to everyone, if they dare to be different or not.

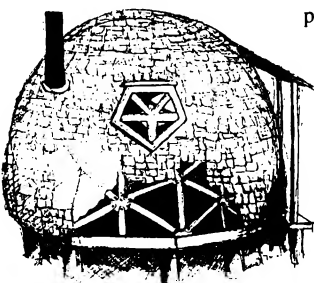
Charlie Schroeder,  
RMB 2446, CASSILIS, via OMEO 3898.

## Dear Grass Roots,

Single Mum and 3 year old both ill with multiple chemical sensitivity seek assistance/information/contacts for construction of a **GEODESIC DOME** in Tennant Creek area NT. This is a seismic zone. Our present home is making us sick with outgassing, pesticide residues, and incoming contaminated air. We need to build with steel, solid timber, ferro cement plus sisalation, vermiculite or straw insulation. No composite wood products or polystyrene due to outgassing. Concrete, stone and mud-bricks for base walls available locally.

Does anyone have photocopies of the *Domebooks* from the 1970s?

Julie Ivy,  
PO Box 611, TENNANT  
CREEK NT 0861.



Readers might like to check their shelves for copies of the *'Domebooks'* or similar literature, or their local op shops or second-hand book shops to help Julie out.

# FEEDBACK LINK-UP FEEDBACK

## Fellow GR Readers, Hello,

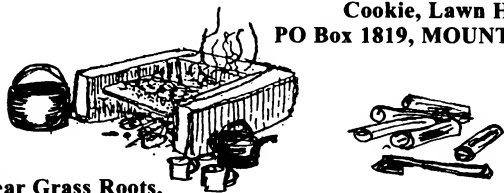
For nearly 20 years now I have lived and **WORKED ON CATTLE STATIONS** in the NT and the Kimberlies in WA as a cook, both in stock camps and at the homestead as station cook. I would drift away from the isolation and vastness of these remote and starkly beautiful places where silence ate every sound and vistas of mountains and hills would be replaced by vast endless plains of grasslands – no trees or hills and full moon nights of magical beauty. Every so often when I was over-awed by it I would live in Darwin, Katherine or Tennant Creek, where I would work until I became tired of such life and the ache inside would draw me back to cooking on a station under a huge dome of sky which at night-time has to be seen before attempting to describe the softness of diamond-like stars on softest black velvet skies. From the comfort of my swag I would drop off to contented sleep within the glow of an open fire.

The years have come and gone. Wet seasons followed dry heat, and dust and flies were replaced by floods and mildew growing on anything and everything in the wet. From lookout points at a safe distance I have seen countless thousands, if not millions, of head of cattle go through the yards, and the yarding of such numbers of cattle – the noise of helicopters, motorbikes, stockmen on horseback, the smells and sounds of musters will remain inside me forever. There's something in the saying 'it gets into your blood'. Well it's in mine.

Whenever I cooked at a station homestead I always made completely organic gardens and grew fresh vegetables and always a marigold and sunflower or two, with tonnes of cattle and horse manure and unlimited water – bore or creek or river. Mulch was the key, and I made deserts bloom with lush growth of plants. On all these stations I have planted trees – all sorts – gums and coolibah and mango and bamboo, ficus and banana – heaps and heaps – big bloody mobs as outback people say.

I have often wondered whether these trees have grown, and so have decided that at the end of the year 2001 I will go and **VISIT ALL MY TREES**. I will throw my swag and tucker box on the back of my tray-top covered ute and just put the dog in and go on a long lazy trip to stop and say hello to all my trees wherever I have lived. There are trees I have planted on the largest cattle stations in the world. However, I would like to find a mate to share it all with – someone to sit around the campfire with, someone in no hurry to go anywhere apart from to see the sunsets on the 80 mile beach in WA with a cold beer, or down to Tasmania to see snow. If anyone is interested, please write to me and we can get to know each other through letters before meeting.

**Cookie, Lawn Hill Station,  
PO Box 1819, MOUNT ISA 4825.**



## Dear Grass Roots,

I am taking small steps to gain some sort of self-sufficiency in the suburbs. I have eagerly been buying your magazine for two years now with no desire at all to move out to the big country. I am grateful that GR people are out there, not harming the earth, doing their best organically.

Would anyone like to write to me with their efforts of **SELF-SUFFICIENCY IN THE SUBURBS**? I have three children, two boys (11 and 3) and a daughter (2). I don't work anymore and would like to keep it that way. I am 42 and my partner thinks I'm a bit nuts for trying to grow our own food when we are surrounded by shopping centres. I want to grow my own fruit trees. Questions:

What type of fruit trees grow well in Brisbane? (Valencia

orange? Lemon?)

Is it possible to make a tomato pasta sauce that can be stored in the pantry not the fridge?

My daughter has an allergy to dust mite, bicarb works well in her bath and calamine lotion on any bumps to stop the itch. Does anyone have any tips to control or stop this condition.

My 3 year old son (nearly 4) was last year diagnosed with autistic features. His speech therapist placed him into early intervention classes at a special education unit and the hospital psychologist said we had to teach him everything. He is now a changed little boy – talks, is affectionate (to a point), uses his imagination while playing, and seems to care for his sister. Has this happened to anybody out there? I would love to hear from you.

**Julie Winterflood,  
17 Alkira St, SUNNYBANK HILLS 4109.**

## Dear GRs,

Further information on a letter in Feedback GR144 about *Friendly Food: Avoiding Allergies, Additives and Problem Chemicals*. The principal chemicals that cause **ALLERGIES AND FOOD SENSITIVITIES** are salicylates, amines and MSG. The real value in the book is that it tells you the degree to which these chemicals occur naturally within foods. This enables you to choose a diet which is low in the dangerous chemicals and so lessen the damage done to your digestive system.

Hospitals do not sell it, but if a hospital has a plaza of shops within the building there might be a book shop franchise there. They might have it. For people trying and missing out on finding a copy, a small book shop in Rosebud always has a few. It is: Fact and Fiction Book Shop, Shop 14, Rosebud Village, 967 Point Nepean Rd, Rosebud 3939. Ph: 03-5986-2600, fax: 03-5986-6011. email: factsfiction@bigpond.com Price in April 2001 was \$11.95.

**J Winter,  
16 Olympic Pde, DROMANA 3936.**

## Dear Grass Roots Readers,

Regarding an eye condition called **FUCHTS DYSTROPHY**. Looking for a miracle, from medical to health farms, from fasting - to anything. Please write.

**J Hutchen,  
PO Box 76, BARALABA 4702.**

## Dear GR Readers,

I need a little help with a problem someone might be able to solve, which at the same time might solve their problem too. My problem is, although I have a nice house and property of nine acres here in the Gold Coast Hinterland, it has become too much for me to manage, at 55, alone. Plus, although winters here are pleasant for working in the outdoors, the summers I now find too hot for my active personality. I put it up for sale a while ago, but few people seem interested or able to take on an established property in these times, and the right family hasn't found it, and I'm getting impatient. As my plan was to buy in Tasmania and spend all but the coldest few months there, it occurred to me that there might be someone with a property there who would like to escape the really cold months, able and interested in helping me, in exchange for my doing likewise in the Tassie summers. Any person **FREE TO SHIFT RESIDENCE FOR A FEW MONTHS** might find the idea appealing. There might even be other single women of my age in a similar position reading this who'd be glad to hear any suggestions offered. The GR lifestyle is an enjoyable one, even with the problems, but many could do with a helping hand from time to time. Not having enough spare cash to go off and take a break is a problem; not having a friend to travel el-cheapo with is another. I'm trying all the solutions I can think of and this is the latest one – any problem solvers out there?

**Jenni Corlett,  
21 Barakula Crt, CEDAR CREEK, nr BEENLEIGH 4207.**

# FEEDBACK LINK-UP FEEDBACK

Dear GR Readers,

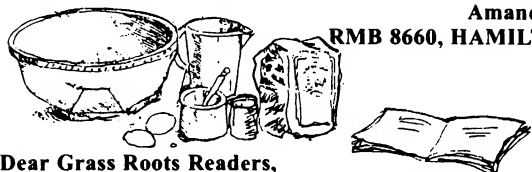
We have recently moved to a small property near **HAMILTON, VICTORIA**, and are keen to set up a permaculture paradise. We'd love to hear from anybody nearby with planting tips – which varieties grow best in the area, of vegetables, fruit and nut trees. We're planning to plant the rest of the property with local indigenous flora and create a wetland habitat using the dam as a starter.

I'd like to share my **FAVOURITE CHI RECIPE** with you all. All ingredients are approximate, just add according to taste! Put two cups cold water in a saucepan. Add four to eight slices ginger (depends how big the ginger is), eight cloves, six cardamom pods, 1/2 nutmeg pod (crushed), five centimetres cinnamon stick (crumbled), one teaspoon ground cinnamon. Bring to the boil, simmer for 10 minutes, covered. Uncover, add one to two cups soya milk, bring to the boil. Toss in three heaped teaspoons black loose-leaf tea, remove from heat, cover and leave for two minutes. Strain by pouring through a strainer into an empty, preheated saucepan, then fill your favourite mug, preheated of course, with fragrant steaming chi! Sweeten with honey if desired.

Finally, I notice people regularly asking for advice on **TRAVELLING AROUND OZ WITH CHILDREN**. We spent a few months doing so with our two, aged 4 and 2 (I was pregnant with number three). We took a tent, bedding, a gas stove and some food supplies. We left in early October and would advise if children are young or partners pregnant, be south of Broome/Alice Springs before the end of October – hot days are relatively easy to deal with, but hot nights can be very difficult. September – October is dust storm season in outback areas. We encountered a ripper in Marree and had to find alternative accommodation because it was very windy for hours after the main front had passed. Cyclone season starts on 1st November for areas of coastal WA. It can be very awesome watching big electrical storms over the water in the wet season. Just be aware that nature is unpredictable, talk to the locals wherever you go and you'll keep up-to-date with any weather warnings! One of the very great pleasures of travelling around Oz is the people you meet along the way. They are a great, up-to-date source of information and tips.

My interests are gardening, reading and cooking. I'm also interested in pregnancy, labour and childbirth and breast feeding. If you'd like to write, please do, I'll write back!

Amanda McNab,  
RMB 8660, HAMILTON 3300.



Dear Grass Roots Readers,

I want to buy a **BLACK CAST IRON KETTLE** for a present. My son is going to have a slow combustion stove and would love one of these. I have great memories of my mum always having one on the stove as I grew up. I am so disappointed though, as I'm told that they are really only for show as they rust badly and of course you wouldn't want to drink rusty water. Hopefully someone knows of a brand that is the good old type and I could still purchase one. Thanks and I'll wait in anticipation.

Zoe Walker,  
PO Box 1046, BAIRNSDALE 3875.

Dear GR & Readers,

Thank you very much for your answers to our previous questions. We hope you can help us with some more enquiries. We have a bore on our land and the water is very salty, okay for sheep, but no good for human consumption or watering plants. Can anybody help us with information on **METHODS OF DESALINATION** and the availability of desalination plant?

Dave & Maureen Hives,  
1 Alfred Rd, RIDGEHAVEN SA 5097.

Dear Grass Roots,

Hello everyone. Since my last letter we've moved house and have had a beautiful baby girl, Rose Harmony. Our tiny garden at the back of our 150 year old terrace house provides us with tomatoes, herbs, eggplants, chillis, capsicums and a few flowers. The neighbour's grape and passionfruit vines obligingly grow their fruit on our side of the fence.

We're studying (myself nursing/midwifery, my partner veterinary medicine) and dreaming of space in the country somewhere to expand our gardening and animal husbandry desires. I'd like to remind all pregnant and nursing mothers to dramatically **INCREASE YOUR CALCIUM INTAKE** to compensate for the increased demand on your body during these times. At the age of 21, I've just been diagnosed with severe osteoporosis due to dietary inadequacy of calcium during my pregnancy. I've never liked dairy products, and, although I forced myself to eat some during pregnancy, it obviously wasn't enough. I now take a calcium supplement and eat more calcium-rich foods. I've got crush fractures in two places in my spine and have been out of action for three months, needing my sister here full time to help with the baby. The fractures I sustained doing nothing more strenuous than lifting Rosie, my bones are so depleted. Believe me, you do not want spinal fractures and a new baby simultaneously! The odd tub of yoghurt or spoonful of tahini isn't enough; pregnant women need at least 1500 mg daily of calcium, and lots of magnesium to help absorb it (there is 600 mg calcium in a large glass of milk). I'm healing now, but it's been very hard and very painful. It certainly was a shock to me to be temporarily disabled. Like most young people, I thought I was indestructible. Remember, support your bones, they support you!

Serafine Nichols,  
41 Bellevue Tce, FREMANTLE 6160.



Dear GRs,

Well here I am again, enquiring about pigs this time. We've had a pig since we've been here in Imbil. We're on 200 acres and my lovely landlords say they don't care what I do, as long as I look after the house. Now, about these pigs. I am in the process of obtaining a boar and a couple of sows to breed and make some pocket money from the sale of piglets. I've been told by an ex-piggy worker, that if I don't separate the sows when they have the piglets, the **BOAR WILL EAT THE PIGLETS**. My pigs will be free ranging. I've spoken to a lady who is very helpful and friendly with anything I ask her about pigs – she's got about a dozen boars and sows and piglets, all of which just roam free on her property and don't seem to disturb anything – they don't even hang around the house. I have the feeling that the boar will only eat or try to harm the piglets if locked up for too long. Can anyone please tell me? There is an old pig sty down the back that the landlord and my stepfather said they would fix up for me. I still wouldn't lock the pigs up for long periods of time, only if I needed a break from them hanging around the house all the time. Anyway, I hope to hear from anyone who can help me.

Leanne Cahill,  
Imbil PO, IMBIL 4570.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.



# Down In The Dumps

by Doug Berry, Ravenshoe, Qld.

'Remember now, don't bring anything back with you,' my wife called out as I backed the utility out of the driveway to go to the local rubbish dump. With exasperation in her voice she added, 'It's taken me six months to finally get you to clean all that stuff out of the garage. Please don't clutter it up again by bringing more rubbish back with you.'

'Yes, yes,' I mumbled to myself. 'You don't complain when I bring back any plant cuttings, or flower pots, or anything for the garden. But of course that's different.'

Out on the roadway, heading for the tip, I sang to myself, 'You've got to bring a little, take a little.' I think the original song was, 'You've got to love a little, cry a little,' but somehow my version seemed more appropriate for my trip that sunny Sunday morning.

I hoped old Herb would be there. He often was. I'd never seen him dump anything, just sift through the heap. Tall, thin and stooped as if from years of picking up things, he was a familiar sight on Sunday mornings. I'd watched him collect pieces of timber, old furniture, screws and nails from packing cases, half-empty tins of paint, and often wondered as he placed everything carefully onto his battered old truck just what he did with it all. Probably sold it for scrap to make a few dollars, I thought.

I said to him once, just to make conversation, 'It's amazing what people throw away. Some of this stuff looks fairly good to me, too good to throw away, and yet not good enough to keep.' The old man looked at me, a shy smile on his sun-browned wrinkled face. 'Yes,' he said. 'We take our world's resources and convert them to rubbish.'

Looking back, I think that's all I ever heard him say, yet he somehow gave the impression of wisdom, of seeing things more clearly than the rest of us. Some people are like that.

As I unloaded my utility I looked around but saw no sign of the old man.



My neighbour arrived soon after and as we raked out the last of our rubbish, we talked for awhile. Casually I said, 'I don't see any sign of old Herb this morning. It must be a bit early for him.'

My neighbour paused, 'Didn't you hear about him?'

'No,' I said. 'Why, what happened?'

'They found him lying here the other day.'

'Not dead?' I asked.

'I'm afraid so. They think he must have had a heart attack. A pity, he seemed a harmless old character.'

'I'm sorry to hear it,' I said. 'I quite liked to see him around, although I often wondered what he did with all that stuff he gathered. Probably sold it cheap to make his pension spin out a bit.'

'No, he didn't sell it,' replied my neighbour. 'He used it to make things.'

'What sort of things?' I asked.

'Oh, all sorts of things. Kids' toys mainly. He must have been a good carpenter at one time. He'd leave the toys on someone's doorstep if he thought the kids would like them.'

I thought for a moment. 'But what about the old chairs and tables? I've seen him collect cupboards, letter boxes, all sorts of odds and ends.'

'All rebuilt. Looked like new after he restored them. He certainly put into practice all this talk about recycling.'

'What did he do with them?' I asked.

'Just gave them away to anyone he thought might need some furniture, sometimes to the opportunity shops

and so on. There's quite a few down-and-out families he helped. I guess he'll be missed.'

Driving home I thought back on what old Herb had said to me that time about converting our resources to rubbish. I doubt if there are any rubbish dumps in Heaven, but if there are I have a feeling you would find him there, carefully and lovingly restoring what he collects to bring a bit of happiness to others. But here on earth something has been lost now that he will no longer be down in the dumps.

I didn't mention any of this to my wife when I arrived home, even when she said, 'Thank goodness you didn't drag anything home with you this time. The neighbours must think you're the world's number one scrounger, what with the bits and pieces you're always collecting.'

And I didn't say much when over tea that evening she said, 'This table is getting a bit shabby, we could do with a new one. I saw a beautiful table at the opportunity shop, nicely polished wood with hand-carved legs. It would really suit these chairs. Remember they came from the opportunity shop. What do you think? You could take this old table to the dump. I doubt that anyone would have any use for it.'

I answered quietly something like, 'Good idea.' But my wife gave me a questioning look when I added, 'We take our world's resources and convert them to rubbish.'

**BOOKS on Useful  
Plants, Fruits, Nuts, Tree  
crops, Permaculture,  
Organic growing, Farm Trees etc.**



*Best selection in Australasia -  
drawn from world-wide sources.*

*Efficient mail-order service,  
contact us for free lists or  
access our web site:*

**<http://www.AOI.com.au/granny>**

**Granny Smith's Bookshop**

**Mail: PO Box 27 Subiaco WA 6008**

**Phone 08-9388 1965: Fax 08-9388 1852**

**e-mail: [granny@AOI.com.au](mailto:granny@AOI.com.au)**

**David Noel, 208 Nicholson Rd, Subiaco WA 6008.**

# Tofu For Tots

by Aruscka Mangolei, Magnetic Island, Qld.

Tofu! How do you persuade children to happily eat it? Many vegetarian parents find that unless tofu is cunningly disguised, it is rejected. I learnt a foolproof method after assisting at a home birth as a midwife in Alaska.

In a small log cabin, surrounded by silver birch trees, Lena's baby was born at the end of a long labour. She and her partner Gary were exhausted and everyone was famished. Gary suggested pizza and although Lena thought this a terrible idea, she was too weary to offer an alternative. The children solved the problem. 'Tofu torts,' they clamoured. 'Please can we have tofu torts?'

Having experienced my own children's resistance to tofu, I was amazed at this request and puzzled by the name. Gary and the children raced to the kitchen, while Lena snuggled into bed with her newborn son. Sleepily she explained that 'torts' had evolved from the children's difficulty pronouncing 'tortillas', which had been called for in the original recipe. She had long since substituted taco shells, but the name had stuck.

While Lena took some well-earned rest, Gary assembled these ingredients:

- block of firm tofu
- taco shells
- oil
- lettuce
- cumin
- tomatoes

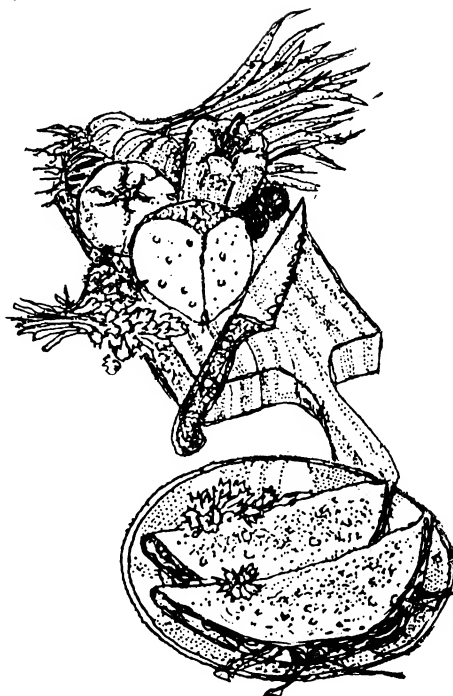
- coriander
- grated cheese
- brewer's yeast

The children shredded lettuce and grated cheese while Gary drained the tofu in a colander. Gently pressing out the excess water, he patted the block dry. Following his directions I cut the tofu into five centimetre squares, about a centimetre thick, while Gary heated a little oil in a heavy pan. Both sides of the tofu were sautéed over medium heat until lightly browned.

Next Gary sprinkled cumin, coriander and a generous coating of brewer's yeast on both sides of the tofu. He continued sautéing until both sides were golden brown and the yeast had formed a slight crust. The taco shells were quickly heated, the tomatoes diced, and all the ingredients arranged in separate bowls. The children filled shells for their mother, which I carried upstairs.

While Lena ate, I soothed her fretful baby. As well as requiring both hands, rigid taco shells oblige you to adopt the 'Mexican wry neck' posture, tilting your head to one side to prevent everything from falling out! Despite these difficulties, Lena was so ravenous after her tiring labour that she soon finished her meal. I left her contentedly nursing her infant and rejoined the family.

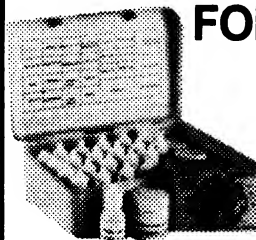
Downstairs the children were busily putting their own torts together. Traditionally, the tofu is put in the shell first, followed by grated cheese,



tomato and lettuce, but children soon develop a preferred sequence. Delighting in the 'Mexican wry neck' and a legitimate excuse to eat with their fingers, they tucked in eagerly.

When I later prepared this meal for my own family, I was surprised by the same enthusiastic response. Like the children at this home birth, mine have often pleaded for tofu torts and I have fed them to many of their friends. I have yet to come across a child who dislikes tofu prepared in the simple, speedy way I learnt from this Alaskan family. ♡

## ALTERNATIVE THERAPIES FOR ANIMALS



**\$90 Pet Power Pack First Aid Kit**  
\$95 with flea, worming & heartworm prevention, plus book.  
\$30 only for flea, worming and heartworm energy.

Please contact Jackie Fitzgerald for other products available.

**Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master.**  
Shop 4, 658 Pittwater Rd, Brookvale NSW 2100, Australia.  
Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 042-778-8858

## BUNDALEER RAINFOREST GARDENS

*Brisbane's Slice of Paradise*

Weddings, Ecotainment Packages,  
Group Functions, Conferences,  
and Special Occasions

An ideal environment for Grass Roots Partying,  
Informal or Elegant.

Choose from our picturesque gardens, gumnut deck,  
tree tops rooms or lawn marquee.

*'Exclusively Yours'*

Just 8 minutes from Indooroopilly Shoppingtown

**59 Bundaleer St, Brookfield 4069 07-3374-1360**



Some children dislike this necessary activity, others love it. Still, once in the tub, most children enjoy themselves. This Kids Page has lots of ideas for helping kids and their carers enjoy bathtime to the fullest.

## Make Fizzle Sizzle Bath Crystals

Use  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of these crystals for a sizzly fizzly good bathtime.

### You will need:

- 250 g cornflour
- 250 g citric acid
- 500 g baking soda
- $\frac{1}{2}$  tsp essential oil

Mix cornflour and citric acid together thoroughly. Add fragrance oil as desired, a very little at a time. Blend in the baking soda. Store in an airtight container and label.



## Make Your Own Soap Shapes

This is a fun thing to make as a present for somebody or just to make bathtime more fun for you. You could make hearts, stars, flowers, sea creatures, mermaids...

### You will need:

- 3 cups of coarsely ground pure soap
- liquid food colouring (a few drops)
- $\frac{1}{2}$  cup water
- vegetable oil (a few drops)

Put the soap into a bowl and add the water and food colouring. Mix with your hands until it becomes the consistency of play dough. Rub the few drops of vegetable oil onto the palms of your hands and shape the mixture any way you like. Let the soap harden overnight.



## More Bath Fun Ideas

- ★ Add a drop of food colouring to the bath - pink, blue, yellow or green baths are more fun!
- ★ Add a drop of essential oil to the bath - oils that aid relaxation such as lavender are particularly good for kids' pre-bedtime bath.
- ★ Take a paintbrush with you into a bubble bath and 'paint' bubble pictures on the tiles.

## Bath Learning Ideas

- ★ Play guessing games, counting games and rhymes.
- ★ Involve children in as much preparation and clean up of the bath as is possible and safe.
- ★ Use bathtub toys and water to teach about shapes, colours, sizes, amounts and weights, floating and sinking.
- ★ While washing, teach about parts of the body.
- ★ Use dressing after bathtime as a time for kids to practise dressing themselves and develop their hand and finger co-ordination - tackling buttons, zips, laces, ties and press studs.

## BOOK REVIEW Bath Monster

By John Danalis

The child in this picture book is actually scared of bathtime - the gurgling drain and waterpipe sounds make her believe in the existence of the bath monster. She dreads bathtime until she realises the monster is of the good monster variety and befriends it. A fun take on bathtime with fantastic bold illustrations.

H/b, Hodder Headline, Level 22, 201 Kent St Sydney 2000. Ph: 02-8248-0800. RRP \$27.95.



## BATH SAFETY TIPS

- ★ Ensure your bath and basin hot water temperature is not dangerously high. The Royal Childrens Hospital Safety Centre (Melbourne) recommends 43° C as the ideal bathroom hot water temperature. They also recommend that overall household hot water should be no higher than 50° C.
- ★ Always drain water immediately after bathing so as not to risk drowning.
- ★ Ensure children sit while bathing. Standing and fooling around can lead to dangerous falls.

# IN THE KITCHEN

**Dianne Warren's childhood experiences with cauliflower left a lot to be desired in the gastronomic stakes. Fortunately for Dianne, and her family, she has since discovered that fresh, homegrown cauliflower is a treat worth savouring. Try some of her recipes when your cauli crop comes in.**

Unwashed and wrapped in plastic, cauliflower can be stored for about a week in the refrigerator before it begins to deteriorate. To freeze, break into florets. Wash well, then soak in salt water. Rinse with fresh water then drain. Blanch three minutes, cool and drain well. Tray freeze or pack into containers. Cook frozen cauliflower five to eight minutes.

Cauliflower is a good source of vitamin C and potassium and a fair source of B group vitamins, calcium and iron. Boiling reduces the vitamin C content.

To serve, break or cut into florets and steam, boil or stir-fry. Raw, it lends a distinctive flavour to salads and is tasty served with other raw vegetables with a mustard or curry-flavoured dip. Seasonings to complement cauliflower include dill, onion, mustard, garlic, lemon or orange rind, basil, tarragon, rosemary, savory, nutmeg, paprika, sesame and anise seeds, chives, soya sauce, lemon juice, almonds or other nuts.

## CAULIFLOWER PARMESAN

2 medium cauliflowers (cut in florets)

- 2 cups tomato purée
- 1/4 cup water
- 2 cups grated mozzarella cheese
- 1 cup breadcrumbs
- 1/4 cup parmesan cheese
- 2 tsp salt
- 2 tbsp oil
- 1 tbsp basil
- 1 tsp black pepper
- ghee for deep-frying

Deep-fry cauliflower florets in hot ghee until golden and tender. Drain and set aside. In a pan, heat oil, and add black pepper. Add breadcrumbs and fry for 2 minutes. Add tomato purée, water and basil. Cover and cook for 15 minutes on medium heat, stirring occasionally. Stir cauliflower pieces into sauce. Cover with grated mozzarella cheese. Do not stir. Cover and simmer for 4 minutes. Sprinkle with parmesan cheese. Serve hot. Serves 4.

## CAULIFLOWER, GINGER & BARLEY SOUP

- 1/2 (100 g) pearl barley
- 1 tbsp vegetable oil
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1 tbsp grated fresh ginger
- 1/2 tsp turmeric
- 1 tsp coriander seeds, crushed
- 1 tsp cumin seeds
- 1 medium apple, peeled & grated
- 1 medium carrot, chopped
- 1.75 lt (7 cups) vegetable stock
- 1 small cauliflower, chopped
- 1/4 cup chopped fresh coriander

Place barley in bowl, cover well with boiling water, stand 1 hour, drain. Heat oil in large pan, add onion and garlic, cook, stirring until onion is soft. Add ginger, turmeric and seeds, cook, stirring until fragrant. Add barley, apple and carrot, stirring 2 minutes, add stock, simmer, covered 1 hour. Add cauliflower, cook, covered, further 10 minutes or until tender. Stir in coriander. Delicious with crusty bread. Serves 6 to 8.



## CURRIED CAULIFLOWER WITH SPINACH PASTA

- 30 g butter
- 1 medium onion, thinly sliced
- 1 small red capsicum, sliced
- 1 tsp cumin seeds
- 3 tsp curry powder
- 1 tbsp plain flour
- 1 1/2 cups (375 ml) milk
- 1 cup (250 ml) water
- 500 g cauliflower, chopped
- 300 g spinach fettucine pasta
- 1/4 cup (40 g) pine nuts, toasted

Heat butter in pan, add onion, capsicum and cumin seeds, cook, stirring until onion is soft. Add curry powder and flour, cook, stirring until grainy. Remove from heat, gradually stir in combined milk and water. Stir over heat until mixture boils and thickens. Add cauliflower, simmer, covered, until cauliflower is just tender. Add pasta to large pan of boiling water, boil, uncovered, until just tender, drain. Serve cauliflower mixture over pasta, sprinkle with nuts. Serves 4.

## CAULIFLOWER & PEA SAMOSAS

- 1 1/2 cups (225 g) plain flour
- 30 g butter
- 3 tsp poppy seeds
- 3 tsp sesame seeds
- 1/2 cup (125 ml) warm water, approx oil for deep-frying

Sift flour into bowl, rub in butter. Stir in seeds and enough water to form a firm dough. Knead dough on floured surface until smooth; cover, refrigerate 30 minutes. Roll dough on lightly floured surface until 2 mm thick. Cut into 8 cm rounds.

### Filling

- 1 tbsp vegetable oil
- 1/2 small onion, finely chopped
- 1 tsp garam masala
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- pinch chilli powder
- 1 tsp paprika
- 100 g cauliflower, finely chopped
- 2/3 cup (100 g) peas, fresh or frozen
- 1/4 cup (60 ml) coconut cream

Heat oil in pan, add onion and spices, cook, stirring, until spices are fragrant. Add cauliflower, cook, stirring until tender. Stir in peas and coconut cream, cool.

Spoon a level teaspoon of filling into centre of each round, lightly brush edges with water, fold over dough using thumb and finger, fold over ends to seal. Deep-fry samosas in batches in hot oil until browned. Drain on absorbent paper. Serve hot. Makes about 30. ♡

# Cape Gooseberry – A Tasty Treat!

by Cassandra Turnbull, Kingsholme, Qld.

I grew my first cape gooseberries by accident. I had bought some cherry tomato plants from a local school fete, hoping that they would be immune to the local bugs, and what should grow up amongst them but a cape gooseberry. I had never seen one before, but by chance I had a few weeks earlier sent away for some seeds. The mail-order seeds had grown into plants at least half the size of the one that was growing out of the middle of my cherry tomatoes. To my surprise the mail order variety turned out to be a little sweeter. Cape gooseberries generally grow into a small shrub. They have an unusual heart-shaped leaf and green Chinese lantern-type fruit pods that contain little ball-shaped fruits. These fruits are

green at first and taste terrible at this stage. When the little delicate pods turn a brittle brown, you know the fruit is ready to eat. Wait until the pod has fallen to the ground and even a little longer, if you can possibly keep the kids off, because they just get sweeter and sweeter. I have grown them in the most terribly hard clay soil and they still do well. If you give them more care your plant will look totally different and be quite pretty enough to fill the odd spot in a flower bed.

When my mother came to visit I offered her a taste, warning her that they were tart. She gracefully refused. Later I found out that she had gone home to look them up and make sure that they were indeed edible. On her

next visit she not only tried a few but collected some seed to sow in her own garden. I have myself looked for information on the humble gooseberry, but the data I have been able to find is very threadbare, revealing very little but the basic facts, thus making the growing of a gooseberry involve much trial and error.

The gooseberries are from the tomato family, but have some fruit on them most of the time, I have found that over the month of August they have the most fruit. I had so many this year that I let many fall to the floor, and in doing this made a great discovery. The cape gooseberry is very tasty when it is a deep orange, but if left until it's the same consistency as a



The cape gooseberry (*Physalis alkekengi*) is a small shrub, around half a metre high, with yellowish white, star-shaped flowers.



The fruits are cherry-sized red berries, formed inside pods. Wait until they fall to the ground before collecting and eating them.



raisin then it is absolutely delicious. If you can imagine a very sweet orange raisin, you are coming close to the taste sensation that I have begun to take so much pleasure in.

After the success of my first cape gooseberry I thought I'd spread a few seeds around and see if I could grow a few more plants. I got quite a surprise when nearly every seed sprouted, and soon I had a plague. I thinned them out and tried a few other areas of the garden to see where they would grow best.

Now here is a point that I am not totally sure on. I think that the cape gooseberry is supposed to be a perennial shrub. However, it seems to me that the plant spends much of its energy on producing these delicious orange fruits and never quite recovers. So I suggest keeping some fruits or leaving some fruits on the ground so that your supply is continual. I have recently noted that these fruits are available for sale in grocery stores. They are rather expensive to buy, yet so easily grown. They are small plants that could easily lend themselves to the small or container garden, as well as to people who have plenty of room. If you can pick up some local fruit, you will have enough seed to start a small orchard of them. It is my belief that locally sourced fruits and plants will be less likely to suffer from bug attacks.

If you can't get local seed, I suggest mail ordering some seeds and putting into practice some seed saving skills. Keep only the biggest and best fruits for resowing. Slowly, over time you may develop a plant immune to your local 'bugs'. It's certainly worth a try for the chance of experiencing the delightful bittersweet taste of the cape gooseberry. 🌿



**Fruit Nuts Bennies**  
**HONNEF FRUIT & NUT**  
**TREE NURSERY**  
 Open: Thur, Fri, 9-5 Sat 9-3  
 Callaghan Rd, Narangba Qld 4504  
 Phone: 073-888-1223  
 Fax: 073-888-8933 Mob: 0418 726 518  
[www.AOI.com.au/show/honnefnursery](http://www.AOI.com.au/show/honnefnursery)

# Bush Mailboxes

by Heather Kozak, Dellicknora, Vic.

Country mailboxes are more than just repositories for letters; they are the markers of history and population in rural areas. Distance denies a postal service to our doors, so the mailboxes cluster in little communities at strategic points along the main road. They are not the small glossy objects that gleam from the pages of a hardware catalogue; they are the essence of the bush people's ability to make do.

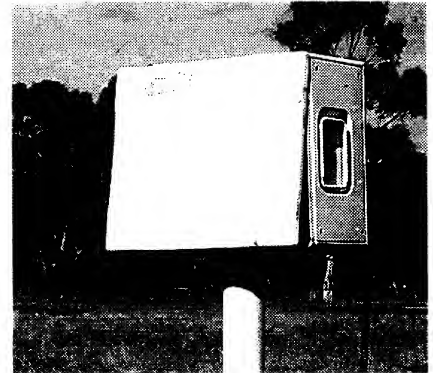
Empty 200-litre drums sit on weathered fence post pedestals, their lids cunningly cut out and re-attached with hinges. Old fridges stand in the dry grass at the edge of the track, naked without their kitchens. Plastic sheep dip containers sprout from bush pole supports like bright fungi, and corrugated iron teepees rattle in the wind.

A bachelor farmer may start out with one dip container, then expand to a matched pair after marriage. As the children start to arrive, the capacity of the mailbox increases again to accommodate the extra bread and milk being delivered. He may lash out on a 200-litre drum, or keep adding more dip containers until they resemble pigeon-holes in a desk.

Sometimes a family might be forced to leave their farm; then the mailbox becomes a testimony to tragedy. The once freshly painted drum fades and peels, the door hangs rustily open to reveal a barren interior, and the seasons wear the proudly painted name away. One day the rusting fencing wire gives way and the drum falls off the post and rolls forgotten into the paddock.

Sometimes a new family moves in. Their arrival, fresh from the city, is heralded by the old fridge at the side of the road suddenly blossoming with rainbows and lyrebirds. As they make a go of it and the kids grow up, the bright pictures are repainted by more skilful hands.

The nearest town may be an hour's drive away, so the mail service also freights groceries, gas cylinders, spare tyres and videos. The insulating qualities of the old fridge come to the fore in summer, preventing the milk from



turning into yoghurt. Friends leave notes and tomatoes in the boxes as they drive past, and items lost at school magically turn up.

They are a meeting place, too. Often quite a crowd forms as distant neighbours gather to wait for the mail. They may not see a soul from one week to the next if not for the weekly delivery. Some open their letters at the boxes and share with their neighbours the joys and sorrows that arrive in hand-addressed envelopes. Children haunt the mailboxes in the days approaching birthdays and Christmas, hungrily anticipating the mystery of a bulky parcel from a distant grandparent.

Each mailbox has a personality. Some have jaunty devices attached to indicate if there are letters to be collected by the postie. These range from flip-up metal flags to a knotted red rag jammed in the door of a re-employed rabbit hutch. Some are hymns to the art of welding – an antique milk can sprouting tin horns, ears, legs, tail and udder; gravity-defying chains supporting large drums, each chain link meticulously fused to the next. Some are barely more than humpies with cracks letting the rain drip in on old catalogues advertising dips, drenches and Dryzabones.

There are no locks on the mailboxes. Trust still lives in the country. No local would dream of rooting through another person's box, and tourists, to their credit, leave the bounty alone. The mailboxes are a unique and individual expression of the bushies' way of life. Long may they stand. 🌿

# INTRODUCTION TO PIGS

## Feeding

by Phillip Richards, Yandina, Qld.

So far in this series I've written about our reasons for keeping pigs, the economics of the enterprise and how we house our stock. This time we examine the crucial matter of feeding them.

### FOOD

You can buy pig grower and feed these pellets out exclusively. They are designer pig food and are supposed to get your pig to the right weight with the right amount of fat in the least amount of time. If your pigs were in a pig battery, they would probably have these all the time. They are expensive and might have additives about which each pig keeper must make up their own mind.

Once you could pick up scraps from shops and restaurants and feed them to stock, but you need to be aware that feeding swill is illegal now in most states. It most definitely means feeding any meat product is wrong, including any food that has had contact with meat, or your table scraps. I'm not sure of the requirements of the particular government act state by state, but in Queensland feeding all food scraps is prohibited. You used to be able to feed bread, cakes and greens in Victoria, but it would be worth finding out from Primary Industries or Department of Agriculture people. So toss out any old books that suggest this. It is too important. Besides which, I know of people who have been clobbered by the stock inspector. So don't.

We have cows and there is always plenty of spare milk, so milk forms the basis of the diet. They have whole milk rarely, skim milk often, buttermilk, and curds and whey. With this high protein base we add whatever we have, as well as pollard and cooked sorghum.

Ideally, the young pigs should be given about 900 grams of good quality feed when you first obtain them. Build this up to about 1.8 to 2 kilograms a day. If you feed pig grower pellets, this is about it, with some vegetables and

lots of water. The recommendation on the bag of grower pellets is to feed the pigs, 'ad lib', that is, to let them have as much as they like when they like.

I prefer to feed them myself because I get to see them that way. Not only does it give me someone to talk to, but I can check that they seem well and are growing nice and meaty.

Actually, I have never weighed their feed, and my advice is – forget what you are supposed to do, just use your brains a bit. Feed them, if they are still hungry give them more, if they can't get through it, less. Don't fuss too much. Some grain, lots of potatoes, sweet potatoes, turnips, pumpkins, will keep them happy. If you look around, you can save money.

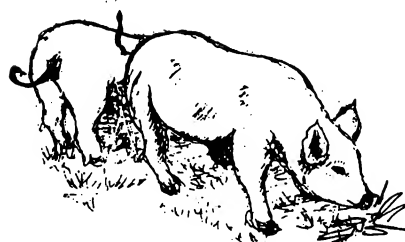
I also chuck them a whole garlic bulb every so often. I don't know whether it is good or not, but what the heck.

Someone told me that pigs must have food with 18 percent protein – this is what the grower pellets have. I do not think there is so much 'must have' about it. This is how much a battery pig-producing factory shoves in to get the fastest growth for the cheapest price, but we do not need to be so worried. If the pig is fed a little less he will still grow, just a little slower. One bag of pig grower (40 kg) will just about feed a pig to slaughter (oh I hate that word) size.

Our last pigs were fed as follows: breakfast, sorghum porridge with sweet potato; lunch, raw sweet potato, milk if there's spare; dinner, milk and pig grower pellets. This produced fantastic meat with very little fat on the hams.

### FOOD CONTAINERS

We use small aluminium bowls for the pigs when they are little. We have three, one is filled and the pigs hoe into that, then the next bowl is filled and put in, and the third bowl left from the previous feed is whipped out. This saves arguments. At the next feed the one out is filled first and the empties collected



while they feed from the first bowl.

For larger pigs, I usually use cut-down 20-litre oil tins (vegetable oil), often available from fast food joints. I cut these in half vertically and nail them to big hunks of wood for stability. I have also used plastic drums (square 20-litre ones) which, when in plentiful supply, are just okay. I know people who use hollowed out logs (it seems old-fashioned, but yes, there are those who swear it is the only way in the long run, and I am not sure that I disagree). Other people make permanent feeders from concrete.

Water is important. You need either to carry a bucket a day (two in summer), have a handy hose, or have a pig drinker connected to a water supply. Pigs will learn to use a drinker quickly and you do not have any trouble then with dirty water. We have a basin in a heavy tyre, and a handy hose. This seems to work well. On hot days we just run the hose a while and the pigs make a wallow and play in it.

Next time, I conclude this short series with transport and butchering. ♡

### 🐷 CHEESE & YOGHURT 🐷

Learn to make your own at our Home Cheesemaking workshops! We supply cheese & yoghurt starter cultures including acidophilus & bifidus, rennet, mould spores, cheesewax, cheesecloth, thermometers, cheese baskets, & Australia's top-selling Home Cheesemaking book. Mail orders serving Australia.

#### CHEESELINKS

PO Box 146, Little River, Vic. 3211  
Ph: 03-5283-1396 Fax: 03-5283-1096  
Email: [cheesemaster@cheeselinks.com.au](mailto:cheesemaster@cheeselinks.com.au)  
[www.cheeselinks.com.au](http://www.cheeselinks.com.au)  
15 Minns Rd, Little River 3211.

# GARDEN BOUNTY

## Banana

by Cheryl Beasley, Karalee, Qld.

Although native to the tropics, bananas can be purchased readily and their use in cosmetics will amaze you. If you live in a warm climate then grow a banana tree. They like a rich, well drained soil and dislike wind, so plant in a sheltered position. Mulch regularly and add compost to help them thrive.

Bananas have a softening effect on the skin and will leave it smooth and free from impurities.

### BANANA MASK 1

(blemished skin)

1 tbsp plain yoghurt

1 small mashed ripe banana

Combine the two ingredients and spread onto the face and neck. Leave for 20 minutes then rinse with warm water.

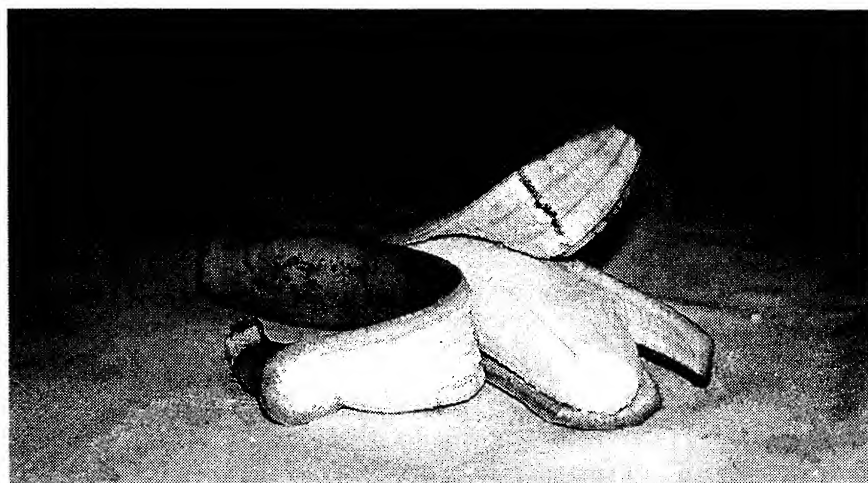
### BANANA MASK 2

1 egg yolk

1 tsp olive oil

1 small ripe banana

Beat the egg yolk and oil until blended then mix in the mashed banana. Leave this mask on the skin for 20 minutes.



### BANANA SCRUB

1 tbsp wheatgerm

1 small ripe banana

1 tsp yoghurt

Combine the ingredients and massage in small circular motions on the skin. After five minutes of gentle scrubbing, leave the scrub to sit on the face for a further five minutes then rinse off with warm water.

Use the scrub before showering.

This scrub is ideal for the neck and sensitive parts of the body.

### NOURISHING BANANA CREAM

1 ripe banana

1 tbsp fresh cream

Stir the cream into the mashed banana and apply to the face and neck. After 30 minutes remove with warm water and then follow by toning and moisturising. ♡

## COMPOSTING TOILET SYSTEMS

Easily installed anywhere

Approved by

Health Commissions and the EPA

New domestic model now available

Please send more information to:

Name.....

Address.....

Postcode..... Phone.....

**CLIVUS MULTRUM AUSTRALIA**

Melbourne Office

PO Box 189,

Bentleigh 3204.

Ph: 03-9557-6943

Fax: 03-9557-4786

Head Office

115 Railway Ave,

Strathpine 4500.

Ph: 07-3889-6144

Fax: 07-3889-6149

## RARE BREEDS

Find out more about endangered  
farm breeds Australia wide



Send a SAE for  
a brochure to:

**Australian  
Rare and Minority  
Breeds  
Association**

**PO Box 100,  
Maldon, 3463.**



## GRIMES & SONS

MANUFACTURERS AND SUPPLIERS OF  
THE HIGHEST QUALITY STAINS AND  
FINISHES FOR TIMBER & MUDBRICK.

- Mudbrick colourcoats and Clear Dust Proofers
- Silicone and oil base water repellents.
- Oil varnish and polyurethane.
- Bees wax polish, shellac and restoring oil.
- Woodstains and timber preservatives.
- Stock and specialised colours.

Factory showroom...

1/1637 Main Road, Research Vic 3095  
Ph: (03) 9437 0733 Fax: (03) 9437 0822



# VERSATILE SOYA BEANS

## Part 1 – Making Soya Milk

by Nevin Sweeney, St Clair, NSW.

As a high protein food source that you don't have to hunt, catch, kill, gut, butcher, clean, or do generally unpleasant things to before you can eat it, soya beans have fascinated me for a long time. The trouble is that they don't taste all that crash hot by themselves and you generally have to spend some time and effort to disguise the taste. Hence, after having tried a few things that were generally accepted as unacceptable by the family, I let the idea rest.

However, I am a lover of Asian food and have recently been doing some reading on how to go about it another way, processing the soya beans into an entirely new form of food – that bland white stuff called variously *tofu*, *dow fu*, or bean curd, depending on where you come from. The process is interesting and, dare I say it, fun to carry out, and you get high protein munchies at the end of it. What could be better? Well all right, lots of things, but if you are interested in self-sufficiency it is worthwhile trying it out to see if home-made *tofu* is for you.

There are a number of steps to the process and at each step the result is edible in its own right, so you can get exposure to all sorts of Oriental goodies, some more acceptable to my basically Western palate than others though. The two basic steps are turning soya beans into soya milk and then turning soya milk into *tofu*. This time I'll describe the first part of the process.

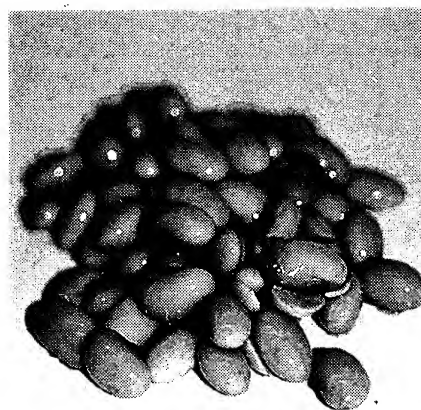
### MAKING SOYA MILK

First grow or buy your soya beans. Seeing as Australia produces large amounts of soya beans they are neither expensive nor hard to find, being available in most supermarkets or, if you want the organically grown variety, health food shops. I use the supermarket variety and find them to be okay. Look for beans labelled as organic to avoid using a genetically modified

product. The dried beans that you buy are like small yellow ball bearings and are about as appetising. These need to be rehydrated, so the first step is to soak them overnight in plenty of water and they will expand. If you start off with one cup of the dry beans, this is how the process runs.

Once the beans have absorbed the water and regained their more bean-like appearance, they must be ground up so that the milk can be extracted. The traditional Japanese way to do this is to use a stone grain grinder. I imagine that a Moulinex-style hand food processor would work as well, but I use a blender – so much for tradition. All you do is dump in the rehydrated beans, add two cups of water and blend until you get a fine white sludge. This sludge looks like a soya bean flavoured thick shake and it tastes almost as good as it sounds. In Japanese it is called *go* and may be fried up with garlic and onion in a bit of butter and salt and pepper to make a party dip, put into soups or scrambled eggs, used in bread mixes, or even made into vegetarian patties with breadcrumbs and diced vegetables and then deep-fried. So, even if, for some reason, you get stuck at this stage it is still not a total loss.

Assuming you want to go on to the next stage, boil six cups of water in a large pot, say about four-litre size, then pour in the soya bean purée and stir over moderate heat until the froth starts to rise. When it starts to rise it fills the pot very quickly, so keep stirring, reduce the heat to low and simmer for 10 minutes. The cooking of soya products is very important because there is a substance in the soya bean called a trypsin inhibitor which, funnily enough, inhibits trypsin, an enzyme essential for the digestion of protein. This substance is deactivated by cooking, so to get the full value out of your soya bean prod-



ucts they must be cooked, but enough of the theory.

Now that you have simmered your soya sludge, you need to filter out the gritty bits of ground-up soya bean. The way I do it is to put an old flannelette pillowcase into a large colander or strainer and then put the whole assembly over a (approximately two-litre) pot. Pour in the sludge. The soya milk flows through and the soya grits (called *okara* in Japanese) are left in the cloth. To get most of the soya milk out it is traditional to use a press, but not having one I fold the pillowcase over and wind it around to squeeze out the milk. The problem is that the stuff is still damn *hot*, so wear a pair of thick rubber gloves and have some cold water to hand to take the sting out. Then pour another two cups of water over the *okara* and squeeze it out again to get the maximum amount of milk. Make sure that the cloth you use is well washed. The first time I tried this trick I got soya milk full of blue fluff.

You now have two products: soya milk and *okara*. The soya milk can be consumed as-is, converted into *tofu* right away, or put into the fridge for later. In a closed container it will last a week or more in the fridge. The *okara* looks like breadcrumbs and, according to the books, has a 'subtle' flavour which to my gross Western palate

translates as 'bland'. I must admit that the first time I tried it I didn't think much of it, but the taste and texture (very nutty) tends to grow on you over time. If, after giving it a chance, you still don't think much of it, it makes a high protein poultry food that our chooks love.

Assuming that you don't want to just use it as chook food, what else is it good for? It can be incorporated in vegetable soups; used as a thickener in onion, mushroom or curry sauces (when ground finely); put into scrambled eggs or bound with eggs; made into patties and fried (nice, but a bit gritty). It can also be made into balls with garlic, onion, ginger and bound with cornflour, then deep-fried and dipped in sweet and sour sauce. When added to flour products such as bread, pancakes or muffins, it increases their protein content and adds a nuttiness to the texture. So you see that it can be a versatile food in itself and, being a by-product of the process, it is virtually free, so don't let the chooks have all the fun.

Next time I'll continue by describing how to make tofu from soya milk. ♡

## NUTRITION FROM SOYA BEANS

Commercially produced soya milk is fortified with vitamins and minerals to make it approximately nutritionally equivalent to cows' milk. The protein and calcium, for example, in the homemade product will vary considerably and it's bound to be of less nutritional value than the whole cooked beans.

Tofu, weight for weight, has a much greater amount of calcium than that found in cooked soya beans, but slightly less protein and other nutrients.

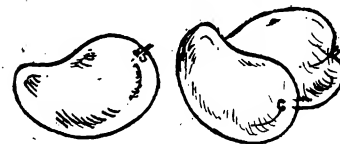
The following figures are from *What Food Is That? & How Healthy Is It?*, by Jo Rogers.

Cooked soya beans, per 100 g: protein 11 g, calcium 72 mg.


Soya drink, per 100 ml: protein 3 g, calcium not available.

Tofu, per 100 g: protein 7 g, calcium 500 mg.

## MANGOS DOSED WITH PESTICIDE



Here is yet another reminder about the importance of growing your own or buying organic. Since the arrival of papaya fruit fly and Phillippinensis fruit fly in Queensland and the Northern Territory a few years ago, growers have to self-certify that all their mangos are treated as per protocols set out by the Interstate Plant Health Regulatory Working Group. In addition to regular field spraying, following harvest mangos have to be submerged in a dip of Fenthion or Dimethoate for one minute. The solution is 400 parts per million of water, but monitoring indicates that 15 percent of crops were well above this limit. The chemicals are carcinogenic and can be absorbed through the skin. Organic growers use a hot water treatment as an alternative post-harvest fruit fly control. Mangos are submerged for 40 minutes in water set at 46.5° C. ♡



# Juice

For the health of it



**OSCAR...pure natural 'Living Juice'**

The revolutionary OSCAR Juicer produces up to 5% more juice, and delivers a minimum of 60% more nutrients than other juicers. (Normal juicers create heat, killing off living enzymes...) OSCARS low speed keeps vital enzymes alive...

- Better Health • Increased Vitality
- Great for Detoxing
- Faster Absorption of Nutrients and Minerals

For more information and/or an opportunity for a risk free home trial call

**1800 802 924**

Trade enquiries call 02 6680 5633

[vitality4life.com.au](http://vitality4life.com.au)

## FIJI ISLANDS Freehold Land Sale FROM \$25,000

Make your choice of a lot at one of our three international community estates. 'Waidroka Bay', Viti Levu, 'Coconuts' via Savu Savu or 'Dere Bay' Koro Island.

Each lot features building permit, certificate of title and spectacular ocean views.

On-site accom and facilities for world-class sailing, diving, fishing, surfing and hiking.

Ask about our on-site farming opportunities. Vendor finance on 10% deposit at 7% reducible over 8 yrs.

Phone Luke Johnston at  
Peter Hilmer Realty  
(Est Fiji-Australia 10 yrs)  
**07-5592-0014, mob 0414-339-907**  
or Peter Hilmer 0418-758-693.

8 Fingal Rd, Fingal Head 2487.



# Super Duper U-Beaut Composter

by Keith Upward, Darraweit Guim, Vic.



I remember years ago when the new revolutionary plastic compost bins came onto the market, how the TV garden presenters of the time demonstrated how to use them: Just place them in the garden, fill them up with all your kitchen scraps and garden prunings, and after a couple of months you are left with beautiful friable soil that you can freely run your hands through, full of thick juicy garden worms. WRONG! What most of us finished up with was a stinking pickled slug or a dry mummified mass of paper and vegetable matter.

Thankfully, those of us who didn't throw the trowel in after the first few attempts have learnt a lot more about composting, such as the difference between aerobic and anaerobic systems, compost accelerators, additives, right amounts of moisture, layering. Local councils are now handing out booklets and advice on home composting; as well as the plethora of reading material on the subject available from most book shops. Even the TV garden presenters have got their act together by providing us with quality information, thus reducing our hair pulling tantrums, although it's a bit late for me.

I decided to put all of this knowledge to use and I have finally put together a compost system to suit my purposes, and, it may even suit yours. I wanted an aerobic system that didn't leach all of the precious nutrients into the soil below, so I've devised a drainage system that saves the liquid 'compost' for immediate use on the garden. I will describe the methods I

employed to achieve the desired result, but you can adapt to suit your own requirements. Usually my main priority is to keep cost down to an absolute minimum and to recycle what materials I have at hand. In this case my only cost was for a handful of screws that I bought cheaply from the local market.

## PROCEDURE

### Step 1

Use old car tyres to build up a base. To add more stability, it's probably a good idea to fill the tyres with sand or soil, I didn't think it necessary at the time. Make sure that the tyres are fairly even but, importantly, *out of level* – a fall of about 30 mm in 1 m is ideal.

### Step 2

Place sheets of old roofing iron on the tyres. Timber boards placed underneath will add support. You now have a raised base on which to build your bin.

### Step 3

I wanted a two-compartment bin approximately 1.5 m x 750 mm x 1 m high; again, these dimensions are to suit yourself. The side frames were made from durable hardwood boards that I had scrounged from unwanted industrial packing cases. These were made up individually by screwing the boards (a cordless drill will be handy here) to scraps of 3 x 2 treated pine; nail them if you wish. Leave gaps between the boards to allow a free airflow. I then lined the frames with scraps of shade cloth; this of course is optional, chicken wire is just as good.

### Step 4

In the front frame, hatches must be formed at the bottom to allow for easy removal of the completed compost.

### Step 5

Assemble the bin. I used screws but it's just as easy to either nail or wire the frames together. If you install a partition, a chicken wire frame is suitable, make sure that you wire it up across the centre to prevent the frames from bellying out as the bin fills.

### Step 6

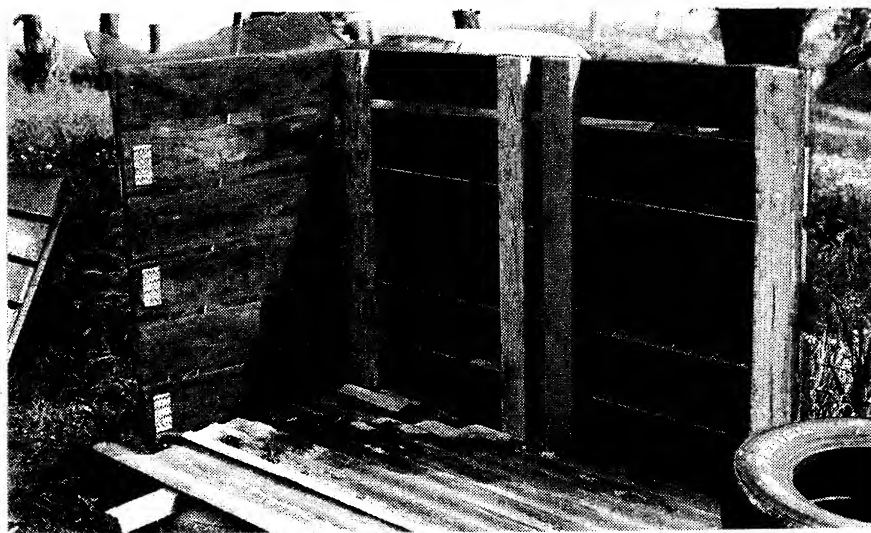
At the lower end of the base you will need to install a liquid catchment gutter. I used a piece of roof gutter, but again, you can improvise, maybe with a piece of flat iron beaten into shape.

Your U-Beaut compost bin is now ready to go into production; just find a suitable container to catch the liquid. You may find it more appropriate to build the base three tyres high and keep the bin one board shorter to allow you to place a standard size bucket under the drain. You may also want to make a shade cloth lid or cover it with carpet to keep the local cats and other foraging creatures out. I prefer not to as I plan to grow pumpkins out of the top. One half of my bin is full already and pumpkin seed has started to pop, and, because of the recent heavy rains, I have harvested gallons of liquid compost. I'm sure, if there was a veggie olympics this liquid would be a banned substance. To discourage flies, I always add a few leaves of wormwood whenever I put in kitchen scraps.

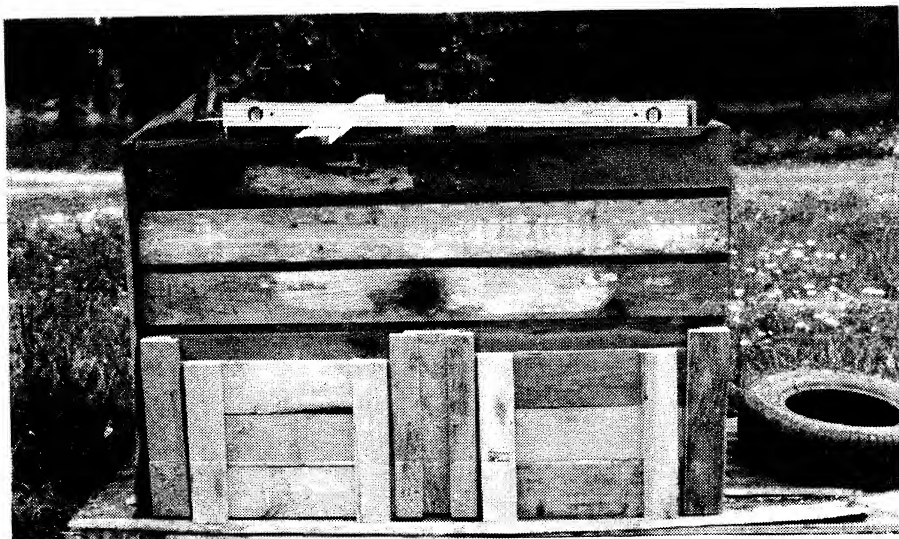
I still use my old plastic bins for meat and road kill. I always cover it



Steps 1 & 2: Build up your base using old car tires and corrugated iron, boards underneath for strength.



Step 3: Make up frames and line them with shadecloth (scraps) or chook wire.



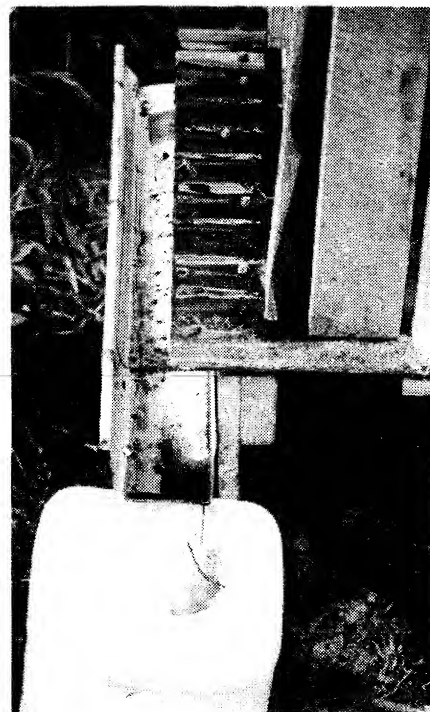
Steps 4, 5 & 6: Finished bin with access hatches. Note: Top of the bin shows required 'out of level'.

with sand and sawdust, then, when it is well rotted, add it to the main bin for another composting cycle.

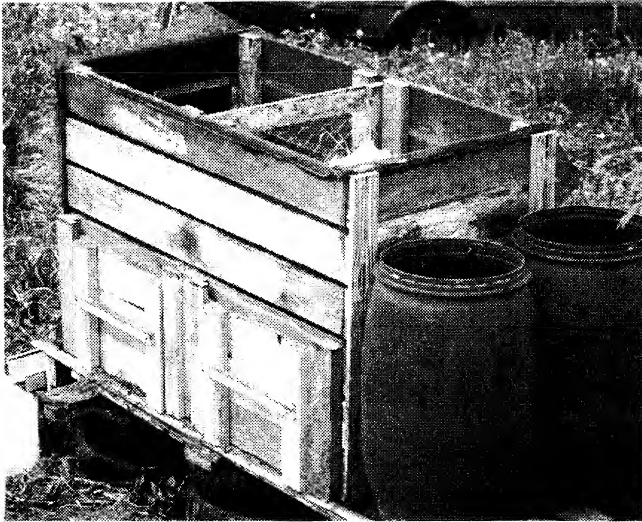
Before I start loading my bin, I always prime it with a couple of buckets of ready-made compost and worms. Troublesome weeds and grass I often soak in a barrel for a few weeks to kill off seeds and grass runners or anything else I feel may survive the compost heat; all except for pumpkin seed that is. If you wish to compost newspaper, just layer it three sheets at a time, then cover it with vegie waste, sawdust etc, just like a lasagna. Now and again I throw in a spadeful or two of sand, sawdust, soil or charcoal.

Make sure that you have enough containers (with lids) in which to store your liquid compost. If you have more than you can use, give some to the neighbours or bottle it and sell it at the local market. I've seen it sell for up to \$5 for a two-litre milk bottle full, although I think that this is a bit rich considering that it's basically only rainwater. Anyway, happy composting.

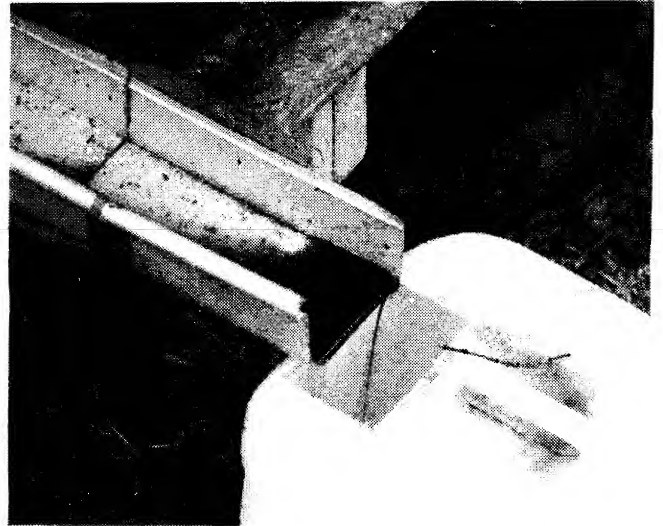
Note: Always dilute liquid compost before using it on plants. The longer it takes to fill a bucket, the more concentrated it will be. I suggest 20:1 on all plants. After heavy rains (bucketful collected overnight) I suggest 50:50 for leafy vegies, weaker for other plants. ♻️



Piece of gutter fitted.



Removable partition. Wire across this area to prevent bellying.



Producing the 'vegie olympics' banned substance.

## DO YOU QUALIFY FOR \$14,000?

If you are an owner-builder and commence building your home between March 2001 and December 2001, you may be eligible for the \$14,000 rebate recently announced by the Prime Minister. Conditions do apply and may vary from state to state. For example,

in Victoria construction has to be completed by 30 April 2003, and the value of the owner's labour cannot be included. Owner-builders will need a certificate of occupancy, but do not need to provide a comprehensive building contract to receive the grant.

To find out the latest (eligibility criteria do keep changing), or to apply for the grant, contact the Revenue Office or one of the financial institutions acting as agents in your state. You can go to [www.firsthome.gov.au](http://www.firsthome.gov.au) to obtain these details. ☛

### Vegetables Herbs Flowers & Bulbs

Established 1923

Australia's best range of old and new varieties in Home Garden packets. Many special purpose varieties and definitely no Genetically Modified Seed stocked or sold.

Our FREE 36 page colour catalogue gives full details and is available now. Just mention GRASS ROOTS when requesting your copy. No obligation.

### New Gippsland Seeds & Bulbs

Internet: [www.possumpages.com.au/newgipps/index.htm](http://www.possumpages.com.au/newgipps/index.htm)  
Email: [newgipps@bigpond.com](mailto:newgipps@bigpond.com)  
Postal: P.O. Box 1, SILVAN Vic 3795  
Farm: 181 Queens Rd, SILVAN.  
Telephone: (03)9737 9560  
Freefax: 1800 088 077

A.B.N 57 027 073 558 A.C.N. 006 612 968

### Natural Horse Care by Pat Coleby

7th edition - revised edition

Available now from Grass Roots,  
PO Box 117, Seymour. 3661



Send cheque  
or m/order:  
\$21.95 plus  
\$4.00 p&h

(4/55 Anzac Ave, Seymour.)



### Dr. Douglas Wilson

BVM&S PhD DipHom

"for effective alternative treatments"

Homeopathy, Herbal  
Nutrition, etc.

Telephone consultations  
available for interstate clients

The Holistic  
Veterinary  
Clinic

308 Glen Osmond Rd  
Fullarton SA 5063

Telephone: 08-8338-0005

# WHAT'S ON

There are some exciting events in the pipeline for anyone interested in learning more about crafts, gardening or renovating. Or you might just want to surround yourself with beautiful artwork. Whatever your preferences, What's On can point you in the right direction for some winter inspiration.

## FOR RENOVATION JUNKIES

Home renovation and decoration is never-ending. The Our House Home Improvement Expo being held at Sydney Exhibition Centre, Darling Harbour from 5 to 8 July will have all sorts of advice and information, as well as free seminars and demonstrations. Visitors will witness bathroom and kitchen makeovers and there will be many professionals to offer expert advice. The Expo is open daily from 10am to 5pm and you can call 02-9939-4445 for more information.

## QUILTERS' GUILD SHOW

With the traditional art of quilting enjoying a resurgence and a modern interpretation, many will enjoy this show. The Quilters' Guild theme for this year's show is 'Australia Advances - Forging Ahead'. The show will feature an exhibition of members' work, demonstrations, art to wear, round robin quilts, and more. The show is being held at Sydney Exhibition Halls 1 and 2 at Darling Harbour between 28 June and 1 July from 9am to 5pm daily. Call the Quilters' Guild on 02-9283-3737 to find out more.

## THE BANKSIAS

Visit the ACT's National Library of Australia between 14 June and 5 August to see 76 watercolour botanical images of one of Australia's best-loved native flowers. Celia Rosser has worked exclusively on the project for the last 25 years for Monash University and the results are outstanding. 'The Banksias - Watercolours by Celia Rosser' can be seen at the Exhibition Gallery between 9am and 5pm daily, and admission is free. Call 02-6262-1111 for further details.

## WHAT'S THE BUZZ ON DIABETES?

We can all help to support Diabetes Australia's research and education work by buying a Diabetes Bee on What's the Buzz Day, 20 July. The clip-on diabetes bees will be sold for \$3 each and magnetic bee lapel badges for \$5. What's the Buzz Day forms part of National Diabetes Week (15 to 21 July) when Diabetes Australia will be working hard to raise our awareness about the risk factors of developing diabetes complications.

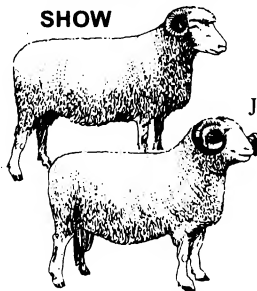
## HUNTER ORGANIC GROWERS SOCIETY EVENTS

The Society holds regular events, usually on the second Saturday of each month, on such topics as herb and weed identification, theory and use of flowforms, and biodiversity as the solution to pests and diseases. Events are held at places of interest in the area and more information can be obtained through contacting Helen McCall on 02-4938-5308.

## FLINDERS FIBRE SCHOOL

Interesting craft classes in flower embroidery, beading, machine patchwork and shoe making form part of this year's fibre school at the Melrose Diocesan Centre from 8 to 10 July. Participants will enjoy great country hospitality and a wonderful bushland setting at the base of Mount Remarkable. The cost of \$180 includes tuition, meals and accommodation. Contact Gweneth McCallum on 08-8666-2062 for all the details.

## AUSTRALIAN SHEEP AND WOOL SHOW



plenty of activities for all the family, including fashion parades, wool craft

This year's show is from 20 to 22 July at the Bendigo Showgrounds and the feature breed is the Texel, a new terminal sire. There will be

competitions, national fleece competitions. The event incorporates the Victorian Alpaca Expo and gates are open from 9am to 5pm daily. Contact the Bendigo Show Society on 03-5439-5094 for more information.

## AND ALSO...

World Environment Day - 5 June. Contact United Nations Information Centre on 02-9262-5111 for more information.

WA Arbor Day - 8 June. Contact John Hunter at the WA Department of Conservation and Land Management on 08-9334-0333.

SA Arbor Day - 20 June. Contact SA Education Department on 08-8226-1527.

Save the Koala Month - 1 to 30 July. Contact Australian Koala Foundation on 07-3222-0377, also for Save the Koala Day on 27 July.

National Tree Day for Schools and National Tree Day - 27 and 29 July respectively. Contact Planet Ark on 02-9319-5288 for further detail or visit the website at <http://www.planetark.com.au> NSW Arbor Week - 30 July to 3 August, including Arbor Day on 30 July. Contact Gould League of Australia on 12-9817-5621 for more information on a range of activities. ♣

## KIDS PRE-CUT CLOTHING KITS



Sweater with applique, avail in blue, green, pink and Lt blue. Sizes 0-6 \$12-50 (incl p+p) All materials are provided. Send Money Order, cheque or C/Card details to:

**SNUGOLE BEAR KITS**, 607 Horseshoe Bend Road, Mt Duneed, 3216.

Ph:03 5264 1019 Fax:03 5264 1160

View more kits on our web site at <http://home.iprimus.com.au/rodjudy>



# THE DORPER SHEEP

by Ivan Wilks, Nangus, via Gundagai, NSW.



We first fell in love with Dorper sheep in 1997. We were looking for a sheep that would complement our move toward organic farming and provide a better return than wool. After searching the net and scanning resource material from all over the world, we stumbled on the Dorper and, after a chance meeting with a lone Dorper at the Sydney Royal Easter Show, we were hooked.

Here was a sheep that did not require shearing, mulesing or crutching, did not get flystrike, would eat anything, was docile, grew a lean 40-kilogram carcass in 12 – 14 weeks, and, with common sense paddock management, did not require chemical drenches or dips. We are now totally committed to the Dorper as the sheep of the future. It is the ultimate low-maintenance, labour (cost) saving, environmentally friendly animal.

We have owned our 1700-acre property, 'Springvale', since escaping the city in 1989 and now run Murray Grey cattle, Dorper sheep, a 250-tree olive grove and some 400 acres of organic cropping.

## ORIGIN OF THE DORPER

In the 1930s, the Dorper was developed in South Africa to produce a sheep breed that could yield a high quality carcass under a wide range of extreme conditions. It was originally bred for the more arid regions of South Africa from the crossing of the Dorset Horn and the Black-headed Persian. The

breed is fixed, giving a reliable reproduction of selected characteristics, whereas some crossed breeds require the regular reintroduction of pure breed genetics. The first large-scale importation of embryos to Australia began in 1996 and The Dorper Sheep Breeders Society of Australia Inc was founded in April 1997.

When attempts were being made in South Africa to develop the 'perfect' meat-producing sheep, a set of criteria was established as being the ideal.

- The breed would have to survive the harsh arid zones of South Africa, reproduce reliably on unreliable natural pastures, and finish lambs off to an acceptable standard.

- The breed would need to produce a rapidly growing lamb that was born small, yet would achieve a high weaning weight.

- The lamb would need early vigour to survive the scorching days and freezing nights in an environment of heavy predation.

- The ewe would need exceptional mothering abilities to protect her lamb.

- The ewe would have to produce a high milk yield, rich in butterfat, to grow out her small lamb.

- A ewe of exceptional constitution was demanded.

- The rams would need a high libido because they would need to serve successfully in the heat of the South African day.

- All animals would need to show a high degree of responsiveness to feed

availability to maximise gains from available pasture.

- The animals would need to have a suitable skin and covering that would protect them from solar radiation and the thorns prevalent in the South African bush country.

- A skin covering would be needed to provide protection, but not require maintenance in the form of crutching or shearing. The Dorper sheds its hair/wool covering naturally in response to a change in the season, unlike other wool-shedding breeds where shedding is genetically programmed to occur at a particular time. The Dorper is not susceptible to fly strike or fleece rot.

- The breed had to produce an early maturing medium to heavy weight lamb with a carcass shape and composition that would meet the demands of international buyers and butchers.

The Dorper meets all aspects of the criteria perfectly.

## ATTRIBUTES

- Hair coat: no shearing, no crutching, no fleece rot.

- Naturally mulesed: not susceptible to flystrike.

- Rapid growth: 40 kilograms plus at 14 weeks on winter pasture.

- Excellent carcass: dress-out percentage of 50 percent plus.

- Early maturity: ready for market at 12 weeks or less, ready to work at 8 months.

- Fertility: high number of twins,



lambling percentages of 150 percent plus per drop.

- Continuous breeding season: breeds three times in two years for annual lambling percentages of 200 percent plus.

- Hardiness: bred for the South African desert grazing country.

- Disease resistant: minimal husbandry required.

- Adaptability: suitable for areas with 100 mm to 750 mm rainfall.

- Longevity: can live productively for 10 years.

- Maternal attributes: strong mothering and protective instincts.

- Nonselective grazing habits: if you've got it, they'll eat it.

- Superb conformation: long barrel, wide chest and rump.

- First-cross Dorpinos (Dorper x Merino): highly prized by butchers.

- Breed fixed: no need to reintroduce pure breed genetics.

- High quality hides: leather marketed in South Africa as Cape Glovers represents 20 percent of carcass value.

### SELF-SUFFICIENCY

The Dorper is an ideal animal to complement a self-sufficient lifestyle. It can run all year without yarding, requires minimal labour input, does not require use of chemicals, is not dependent on external services such as shearing, and does not rely on a fickle wool market to make a return. In addition, the meat is highly prized in Australia and demand is growing daily. If we go by the South African experience, Dorper leather will also become a much sought after commodity.

### SUITABLE AREAS

The range of the Dorper seems to know no boundaries. We are in contact with Dorper growers in the deserts of Namibia (+50° C), the snow covered plains of Canada (-30° C) and the humid, semi-jungle of the Dominican Republic.

Developed to do well where nothing else will survive, the better the conditions are, the better the Dorper will do. I will not bore you here with reams of empirical data on growth rates, dress-out percentages, taste tests and so on, but I will say that the Dorper grows faster, dresses out better and tastes better than any other sheep I have come across.



Ivan with a well grown Dorper ram.

Dorper lambs are born small, 2 – 3 kilograms but are up and about in about three minutes and are grazing the same day. They then pile on the weight at a rate of 0.4 to 0.5 kilograms *per day*. Dorper mothers are extremely protective and we have not lost a single lamb to predators despite a plague of foxes in our area.

Our vet got a shock when carrying out a regular inspection of our breeding animals to find that a 110-kilogram ram he was looking at was only a two-tooth hogget (in fact only 15 months old). He thought at first that the two big teeth was a characteristic peculiar to mature-age Dorpers!

### MANAGEMENT

The Dorper is an animal that really only needs to be yarded for culling purposes or to inspect hooves. Some bloodlines from South Africa have hooves that grow more than others. Depending on the condition of your country, it may or may not be an issue, but we are very careful to select our breeding animals to maximise the labour-saving features of the breed. Otherwise, there is no reason for a Dorper to be yarded. Despite their size, they do not pressure fences and can easily be handled.

### BREEDING

As a relatively new breed to Australia, the pedigree of each animal is extremely important. With only a few hundred quality, pure-bred Dorpers 'on the ground' in Australia, there is already a predominance of genetics from one or two South African breed-

ers emerging. To offset this, and ensure that the genetic base of Dorpers in Australia is broadened and deepened, we are actively importing embryos from Namibia and South Africa from hand-picked, prize-winning animals. Dorpers are easy lambers, breed three times in two years, and, with a history of multiple births, soon fill the paddock.

### Warning

Unfortunately, as expected with any relatively new breed, there have been recently reported cases of buyers of Dorper genetics not getting what they expected or what they paid for. This applies to stock and genetics purchased in Australia as well as from South Africa. Since Dorper animals are not registered in South Africa, it is not always possible to check studbooks or breeding histories to establish bona fides. I suggest therefore that you consider the following precautionary measures before you commit yourself. Following these steps is no guarantee, but it should go a long way to ensuring that you get what you expect.

- *Do your homework first.* Do as much research as you possibly can on the source of your animals. Meet the supplier. It is well worth the cost of the trip if you are spending a lot of money on your animals.

- Be sure that you feel you can trust your supplier to do the right thing by you. Ask for a list of customers and their telephone numbers so that you can check on their level of satisfaction.

- Ask for at least two generations history. This is important to see how your supplier keeps records of his genetic base and whether your animals or genetics are related.

- *Do not buy sight unseen.* This is particularly important if buying from overseas because there are some unscrupulous breeders cashing in on the interest in Dorpers and you may not get the quality of genetics you expect. Not only will this set back your breeding program, but also make it difficult to have these animals recognised as pure-bred Dorpers. Be aware that first-cross Dorpers can look very like pure-bred animals.

For more information, or if you would like to see some Dorpers on the ground, contact: Ivan Wilks, Springvale Dorpers, 'Springvale', Nangus NSW 2722. 🍷

# Managing Equine Manure

by Dr Rob Atwill.

The following are suggestions to follow in the ever-growing effort to minimise potential environmental impacts associated with equine activities and facilities. Myth and misperception drive much of the discussion surrounding environmental impacts attributable to equine faeces. Until good science has been conducted on the many questions posed by the various stakeholders involved in these issues, it may be prudent to err on the side of caution.

• Stack manure into a compost pile. Don't worry about the shavings and straw mixed in since these components should improve the final quality of the compost. Compared to many other sources of manure, equine manure is considered excellent composting material.

- If possible, stack manure under a roof so that rainfall cannot wash faecal microbes such as *E. coli* into nearby surface water. Although there is little evidence to show that microbes such as faecal coliforms or *E. coli* from equines are a public health threat or a danger to other animals and wildlife, a little neighbourly prevention can go a long way to minimising future conflict.

- If using a manure pile, take care not to place it next to any sources of running water such as creeks or springs, or standing water like stock ponds or reservoirs.

- If rain can contact the manure pile, build a small dirt berm around the pile approximately one to two metres away so that any run-off is captured and will soak into the ground.

- When spending the night in the bush or enjoying a trail ride with your donkey or horse, and one or more manure piles are deposited at the site, spread out the manure so that it dries more quickly. Many hiker complaints regarding equine faeces are due to the sight and odour of fresh faeces, so the quicker it dries and decomposes the quicker it looks like pieces of dead grass.

- Before winter, make sure the rain gutters on your facilities are cleaned out and functioning well so that all



Horse owners can take some simple precautions to reduce their animals' environmental impact.

rainwater from the roof is shunted away from manure sources. Don't pipe the roof's rainwater into nearby creeks or reservoirs. Large equine facilities may benefit from a water catchment lagoon to collect this runoff before it can cause a real or perceived problem.

- If possible, maintain at least a three-metre grass strip between the equine pens and nearby creeks or reservoirs. The more the grass strip and soil can slow the runoff water the better. Porous soils are best so that runoff is filtered down into the soil. The idea is to use this grass strip as a natural filter to remove any suspended microbes and sediment during times of runoff from the pen.

From *The Horse Report*, the newsletter of the Center for Equine Health, School of Veterinary Medicine, University of California (Davis). Reprinted from *Donkey Digest*, December 1998. *Donkey Digest* is the magazine of the Affiliated Donkey Societies of Australia. These Societies throughout Australia organise workshops in training and general care of donkeys and provide support for donkey owners. For more information, or to subscribe to *Donkey Digest*, contact Ms Ann Fletcher, 74 Bells Lane, Kurmond 2757. 🐾

**NSW WORKING HEAVY  
HORSE ASSOCIATION INC**

The NSW WHHA is for heavy horse enthusiasts who wish to work their heavy horses and keep alive the horse skills of the past. The association has no affiliation with any particular heavy horse breed or breed society. All are welcome.

The aim of the association is to hold regular events at a variety of sites – where we can bring our horses and learn from each other in a friendly and helpful atmosphere. We provide social and learning days, as well as competitive events. Working heavy horses safely is another important aspect of the association, and training days based around safety issues are also held.

Members range from complete novices to those experienced in many aspects of heavy horse work. The knowledgeable members are always willing to help others with 'hands on' experience.

Further details on the NSW Working Heavy Horse Association Inc may be obtained from: The Secretary, 'Murella', Kenyu Rd, Boorowa, NSW 2586. Ph/fax: 02-6385-8344. Email: Murella@ix.net.au

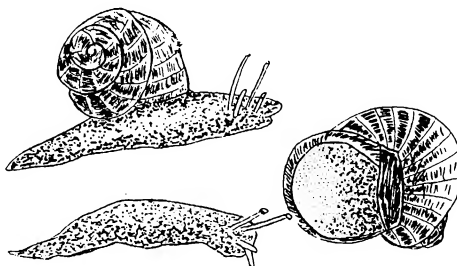
# SLUGS AND SNAILS

by Dorothy Creevey, Old Bonalbo, NSW.

Gastropods like green things to eat, not dry mulch, so keep gardens mulched. Lay boards, lift in 24 hours and kill. Check likely hideouts with a torch at night after watering and squash pests. Plant garlic around garden edges. They don't like mugwort, wormwood or rue. Use barriers around plants: lime, sawdust, ashes, diatomaceous earth, soot, sharp sand or gravel, shell grit. Make a spray of white cedar or wormwood.

## BAITS AND TRAPS

- Citrus halves or saucers/bottles of milk or beer/flour so they can't get out (won't kill the native/cannibal snail).
- Bran mixed with pyrethrum, with molasses or honey to bind.
- One tablespoon wholemeal flour, one teaspoon gluten flour, mix to paste. Place in container, fill with water, sink to soil level.
- Wholemeal crumbs and water,



## WHITE CEDAR SPRAY

Two firm packed cups seeds and/or fruit. Cover with 1 lt boiling water, cool, strain, use within a few days. Caution: potent, can kill, use with care.

### Other Uses

- Place cedar leaves in books and on shelves to kill silverfish.
- Spray and comb chooks to kill lice.
- Comb through pet's coat to repel fleas.

grated potato peelings.

- Half-fill container with milk and sink level with soil.
- Blitzem snail pellets – the active ingredient breaks down quickly to form acetic acid (vinegar).

## PREDATORS

Native cannibal snails, butcher birds, magpies, ibis, starlings, blue wrens, kookaburras, firetails, currawongs, cuckoo shrikes, honeyeaters, centipedes, Khaki Campbell and Indian Runner ducks, bluetongue lizards, stumpy tail lizards, ground beetles (eat eggs), frogs, rats, rove beetles, skinks. Encourage all of these to take up residence in your garden.

For other suggestions about slug and snail control see GRs 144, 117, 108, 107, 104, 99, 68. Back copies are \$4.40 each including postage. See page 82 for details of how to order. ☘

NEED TO PUT YOUR HEAD IN THE OVEN?

## WELL, DON'T PANIC – IT'S ORGANIC

Derived from All Certified Organic ingredients, these cleaners contain no preservatives, solvents, toxic chemicals, or harmful degreasers.

Certified Organic by the BFA, they are biodegradable – they won't hurt you or the environment. (And they're proudly Aussie Made.)

### **SPECIAL OFFER PACK INCLUDES:**

Organic All Purpose Cleaner, Organic Oven Cleaner (So Safe), and the easy-to-use Organic Window Cleaner. 3 x large 750 ml spray packs delivered to your door for a total of only \$31.75 (WA \$35.75). (mainland Australia only, Tas - POA.)

**Send in your order now for prompt despatch.**

Cheque/MO to: Trimsales Pty Ltd, PO 2040, Redcliffe North, Qld 4020. Ph/fax: 07-3880-4651.

67 Prince Edward Pde, Redcliffe, Qld.

## LP GAS REFRIGERATORS

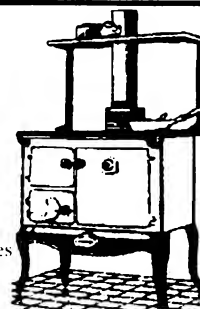
MODERN ECONOMICAL TWO DOOR LP REFRIGERATOR FREEZERS FOR DOMESTIC APPLICATION.  
**220 LTR & 350 LTR AVAILABLE.**

PHONE FOR YOUR DISTRIBUTOR

VIC/TAS/SA/NT/WA 03-9437-0737  
QLD 07-5593-4066 NSW 02-9681-4365.

## **STANLEY** **A LEGEND IN COOKING!** **WOOD STOVES with** **Cast Iron durability**

- Large fire box with choice of Domestic Hot water or Central Heating boiler
- Large self cleaning cast iron oven
- Large cooking surface with ground hot plates
- Choice of models and finishes



**FOR YOUR  
CLOSEST  
DEALER  
CONTACT:**

**CASTWORKS**  
8 Roosevelt St, Nth Coburg 3058  
Ph 03-9354-4666 Fax 03-9354-9971

# EARTHLY PASSIONS

## Creative Mudbrick Projects

by Neville Jackson, Valhalla.

In my article last time (GR144) I shared some hints about building with mudbricks, including a design for an easy-to-use mould. I hope some of the projects mentioned this time spark the creativity of mudbrick devotees. It's a versatile fun-to-use medium so don't be afraid to experiment (do I mean play?).

### PROPERTIES AND BENEFITS

The basic materials are cheap and easily available and are rot and fireproof. Mudbrick absorbs sounds and smells, is nontoxic and has thermal mass with a friendly ambience. Humidity is removed and it requires minimal maintenance. It does not deplete resources (we usually just deepen the dam), is easy to change or add to. All this and personal satisfaction with any artistic expression desired.

### BARBECUES

Mudbricks are ideal for barbecues and outdoor cooking areas. They are simple to construct and fireproof. When enhanced with tile tops, they have weather protection and are easy to clean. A low wall with a built-in woodbin gives fireproof privacy, a windshield and some sound proofing. For a different finish I cut lengths of scrap PVC 90 mm pipe lengthways and plastered them into the wall top, to imitate pan tiles.

### HEAT BANK

Mudbrick constructions to the rear of wood stoves, refrigerators, water beds, or other heat sources, provide a heat sink to even out home temperature fluctuations. Hot days become cooler and, on cold nights, warmth emitted by mudbrick can be felt with the hand. Inside a house in central Queensland I built several heat sinks/banks/walls; these were so efficient that it required no heating or cooling throughout extreme desert temperature conditions.

### ROOM DIVIDER

Another useful heat sink, a room divider could have grillwork incorporated for a breezeway, or alcoves for ornamental display.

### FISHPOND

A preformed bowl or concrete pond can be surrounded by mudbrick and topped with tiles or stonework to provide weather stability and seating. If outdoors, suitable foundations and damp course must be provided. Drainage from the lowest point in the pond is always desirable. Any pond should have protection against child accidents.

### WARDROBE

Simply make the back wall with two returns which become the sides. Rails are set in during construction for hangers and pull curtains. Mudbrick remains dry in humid weather, so clothes stay fresh and mould-free.

### CUPBOARDS

Made in a similar manner to wardrobes, the door jamb and shelves are fitted into the block courses as they are laid. A triangular cupboard

built into the corner of a room utilised otherwise unused space and became a lockable childproof place for poisons and breakables.

Bottles set into the mortar of the wall during construction allow light into cupboards or dark corners. Mudbricks are coursed as usual, with the bottle height less than one or two courses. That way there is no load on the bottle.

### GARAGE

When short of a weatherproof site for a truck or tractor, it took only a few weeks to lay concrete perimeter foundations and mudbrick walls for fireproof storage. Timber regrowth from the property provided roof timbers. Second-hand corrugated iron with clear panels for natural light over the engine area completed the project. Cost was only the price of cement in the foundations.

### ANCHOR POINTS

Square blocks or rounds of timber that extend two-thirds the wall thickness can be set between blocks and made level to become fastening points for brackets or shelf supports.



Lengths of scrap PVC pipe cut to imitate pan tiles and used to finish off an earth wall.

## FINISHING TOUCHES

Stucco is easily effected with the same mudbrick material. Mix to a porridge consistency and swirl on with a bannister brush or broom.

Note: Batter a slope on lower walls to guide rainwater off foundations.

Any mudbrick surface may be utilised for artistic expression. A music teacher in north Queensland used his living room wall for very effective bas-reliefs of life-sized jazz musicians. Mudbrick provides an easy base to affix mosaic tiles, coloured glasses, driftwood or mirrors.

## Dust and Waterproofing

Where mudbrick is close to a traffic area or likely to be brushed against, it may shed dust. A dust-proofing recipe is shown in the bibliography, marked +. Also, 1:20 Boncrete with water followed by a second coat of 1:5 is good. Excellent outdoor protection is given by Rainaway, available from Ramset agents.

Grimes & Sons, 1/1635 Main Rd, Research, Vic 3095, have a range of colours, clear dust-proofings and water repellents for mudbrick.

A friend with a mudbrick dwelling had to install a scratch post made of blocks just for visitors to touch and scrape. Otherwise he had to regularly repair gouges near the front door made by people who couldn't believe such a good finish from something like 'mud'.

## CONCLUSIONS

It is our experience that, once started on mudbricking, other practical usages are easy to find. When used internally mudbricks become a passive heat sink to moderate extremes of temperatures. Our home in central Queensland utilised most of the projects mentioned

here. Artificial heating and cooling was not required through many years in this semidesert region.

Whether it be additions to the family habitat and surrounds, or a complete retrofit on passive solar principles, mudbricking is cheap and enjoyable. To work in this medium allows one to create a better lifestyle, to express oneself in an individual manner and give vent to artistic feelings. And it's dirt cheap, literally.

## Bibliography & Further Reading

\* + *The Owner Built Home*, Ken Kern.

\* *Earth Garden Building Book*, R Rich & K Smith.

*The Australian Owner Builders Manual*, A Staines.

*Alternative Technology Australia*, M Harris.

*Owner Builder* magazine, issue 66, G North.

*Earth Garden* magazine, issues 80 - 83 incl, P Lees. ♣



## VOLUNTEERING FOR THE COUNTRY FIRE AUTHORITY

The Country Fire Authorities in each state are always on the lookout for volunteers interested in becoming qualified fire fighters. Thorough training is available to those interested. If you are too old or young, or not physically able to become a fire fighter, you might like to consider associate membership of the CFA. This means you offer back-up support: check the hydrant points, or take on small jobs around the fire station.

Some shire councils hand out clean-up notices to properties that are considered fire risks. Does your council provide this preventative service to the community? ♣

## GINGER BEER UPDATE

We would never have believed that so many readers would make the ginger beer recipe published on page 62, GR 142. We've been inundated with phone calls from people seeking clarification and more information. At last we've been able to contact the author of the article, Frank Brehe, and publish this extra information for the benefit of those frustrated ginger beer brewers. Frank assures us that this recipe makes a dry and refreshing summer drink.

• The fourth item under the 'Brewing Ginger Beer' heading is shown as 1 lt ginger beer plant. This should read, one lot of ginger beer plant, as in the total quantity you have after following the directions on how to make the ginger beer plant.

• In making the plant, you can use any citrus fruit: limes, lemons, or bitter oranges.

• Because the recipe depends on wild yeasts to begin fermentation, if you live in a 'clean' area with few wild yeasts, you will need to add some brewer's yeast to the mixture in the brewing bin.

• In cold weather, 2 - 3 weeks might be needed for fermentation to take place.

• If you want a sweeter drink, substitute sucrose for about 1/4 of the volume of sugar.

• Save the dregs from the bottom of the brewing bin to start the next batch. ♣



Reduce Stress • Lose Weight  
Stop Smoking • Increase Energy  
Detoxify • Lifechange

"I lost 7 1/2 kg in the first five days!"

Private ensuite rooms • Tranquil country setting

• Delicious healthful meals • Luxurious heated pool

• Cosy steam room and spa • Full-size tennis court

• Dr Ann Wigmore's 100% Vegan Wheatgrass and Living Foods Program.

Phone for a free information package:

**07 5530 2860**

Mudgeeraba, Gold Coast, 4213, Qld.

Website: [www.hippocrates.com.au](http://www.hippocrates.com.au)



Environmentally friendly products to weather proof and dust seal all earth buildings

- Mud Brick Water Repellent
- Stabilised Earth Water Repellent
- Earth Bonding Emulsion

**Tech-Dry** 177-179 Coventry Street  
South Melb, Vic 3205

Vic	03 9699 8202
Qld	07 5520 4234
Sth Aust	08 8132 1166
NSW	02 9482 3360
WA	08 9336 2426

## COLLOIDAL SILVER Nature's Antibiotic

Effective against 650  
Bacteria and Viruses  
For Humans, Animals & Plants  
Free Info pack on Colloidal  
Silver & how to make it for free.

K.R.C. Health Solutions

PO Box 502,

Mermaid Beach Qld 4218

Ph: 07-5575-6150

Fax: 07-5575-6149

[www.krc.com.au](http://www.krc.com.au)

email: [info@krc.com.au](mailto:info@krc.com.au)

28 TAMBORINE ST, MERMAID BEACH, 4218



# LITTLE SURVIVORS

by Dale Fergusson, Warrion, Vic.

I once lived in the beautiful Otway Ranges of Victoria's south-west, and my house, which was on cleared land, bordered dense bush. A gentle stream meandered through part of the property and attracted many forms of wildlife, including water rats and platypuses, both of which were quite active feeding and frolicking on balmy summer evenings towards dusk. These creatures, together with many marsupials and the occasional echidna crossing the track, certainly made impressions, and no doubt created lasting memories on folk visiting from the 'big smoke'.

However, one of the forest creatures that somehow proved impossible for me to ignore was a little bird by the name of rufous whistler. Wherever I was working on the property, hammering, sawing or using machinery, he would be in the nearest tree practising his melodious song, and it seemed the more racket I made the greater his musical effort. In fact, it finally came to the situation where this little songster, and his missus, being so noise crazy, had to build their frail (excuse for a) nest right outside my workshop door. It wasn't as though there was a shortage of suitable nesting sites either, after all there was 12 acres of unspoilt bush just on my patch, not to mention a million or so outside.

I found that it took only a couple of taps with a hammer onto an old piece of roofing iron to start the male bird off with his now familiar 'cheeong, chewy,



chewy, chung,' and, believe it or not, while sitting on the eggs! As he spent a lot more time sitting and entertaining than his mate I had to presume he was a house husband!

The time came when the chicks hatched and all was going to plan until the dreaded hot northerlys started to blow. Because the nest was so sparse and on the edge of the forest facing north, it soon fell to bits. Two of the occupants were dumped onto the hot ground while their sibling dangled by a foot caught in the fork of a small branch.

In the searing heat I was very aware that every second would count, so, dashing into the workshop, I grabbed the only likely thing I could think of – my fishing hat – a camouflage baseball-style cap with a large peak. Stuffing it hastily with dried grass and leaves, I selected a spot among the branches of the original nesting shrub and wedged the cap firmly in position. After quickly pressing a hollow into the centre to form a cup shape, I introduced the gasping chicks to their new home and beat a hasty retreat.

Naturally, I had fears regarding the nestlings' survival for at that stage there were no signs or sounds from the parent birds. The make-do hat-nest was so much larger, and indeed lower in the

shrub, than the real nest had been that sadly I began to question my good intentions. I had interfered with nature and caused further stress to these youngsters when their fate was already sealed. It would seem I had only dragged out their miserable ending.

Suddenly, and gratefully relieved I might add, my fears seemed quite unfounded, for the male bird appeared and promptly alighted on the edge of the cap to feed the exhausted trio with a beak full of 'goodies' as though nothing had changed.

A week soon passed and by this time the plucky little threesome were testing their wings. Finally, after quite a number of false starts, and encouragement from the parents, the fledglings one by one used the cap peak as a launching pad for their maiden flights and left home.

After this somewhat momentous occasion I quite often glimpsed the youngsters being attended while gripping the sides of the rough-barked messmates that were predominant throughout the region. It was quite some time before they mastered the art of perch landing onto branches like their parents. I realised that in spite of great odds these funny fluffy-headed little guys were meant to make it. ☘

## **"EAT YOUR GARDEN"** Create a Permaculture Oasis

### **Transform Your Garden into an Abundant Food Forest**

You can easily create a low maintenance, highly productive Oasis, with delicious Herbs, Vegies, Fruit Trees, Ponds, Chickens (Posh Chooks), Bush Foods and other Native Plants.

**Learn How, with Your Easy-To-Follow  
56 Min Colour Video and Bonus  
Information Booklet.**

**\$24.95 Plus P.H.I.**

**CONTACT US NOW. PH: 07-4683-6333**

**[www.flexi.net.au/~fingertip](http://www.flexi.net.au/~fingertip)**

**FINGERTIP INFORMATION MARKETING**

**PO Box 747, Maryland Street, Stanthorpe, Qld 4380  
ABN: 81-843-270-237**

# Flood Damage Control On Farms

by June Birkett, Crystal Creek, NSW.

It is a fact of life that the best farming land is in the flood plains. Good rich soil brought from higher land is deposited onto the lower flood plains, which in turn grow rich pasture grasses or vegetable crops. However, although the new soil is of great benefit, floods bring many other problems to the farmer and these need to be dealt with either before or after heavy flooding.

We live on a coastal flood plain where the problems of flooded pasture and land loss, coupled with loss of trees from the river banks in large floods, are ever present. Proactive measures can be taken to prevent or minimise flood damage; once nature has taken its course only cleaning-up operations can be done.

Creek or river areas that need to be fenced off always pose the problem that once a strong, fast-flowing flood hits solid fencing, the water simply tears out the posts, wrapping heavy fence wire around everything and taking precious bank with it. Cattle sense where flood-wrecked fences are and quickly proceed to pasture not covered in mud. Dairy pasture is too precious to be fed to stray cattle. So what do we do about the flood fencing problem?

We have always held the view that wherever electric fencing can be placed to advantage on a property for cattle control, it is done. Electric fencing is moved constantly and can be removed when flooding looks imminent. Permanent fencing usually needs to be placed along the river banks; we position our fences a short distance from the banks. When the bigger flooding occurs we need to maintain or replace the post or wire. This is of course a thankless job and sometimes will happen two or three times a year, but the rich soil deposited after a flood can compensate. There is not some loss without gain.

The frequent destruction of trees



Flood-prone paddocks need drains cut in the best positions to allow flood waters to pass over and water to drain away quickly.

along the river banks is a far greater loss. In our last big flood a massive tree covering a small town building block was torn out of its place and dropped on the bank.

Trees like this need to be removed quickly, cut up and taken away to higher ground. If they are cut and left, too soon another flood will come and those same logs will be swept away, causing damage and blockage to other trees, fences, bridges or pasture.

Erosion control can be used on hilly land to prevent large heavy gutters from being cut into hillsides and taking valuable soil. Natural waterways should be allowed to retain natural tree growth as a cover for just such an event because their root systems hold the soil.

A professional opinion needs to be sought before any new dam construction is begun because many a carelessly sited dam can cause its own amount

of damage if it bursts its banks. Remember, water is heavy and very destructive. Water pouring through channels, perhaps from adjoining properties, also adds to the anguish.

When we lived on the mid north coast our property was downstream from a large bridge and flood water would cut huge holes and gutters in the pasture. Paddocks needed to have good drains cut in the best positions to allow the flood to pass over and later to allow the water to drain quickly and not remain on the pasture paddocks. Also, trees needed to be planted in other paddock areas to absorb moisture from the constant flow of flood water proceeding down from properties further up river from us.

After floods, cattle need to be kept off the rain-soaked paddocks if possible. Two reasons become apparent: their sharp hooves cut up the pasture, rendering the paddock unusable until the grass

can regrow, and also because any stone under the cut pasture comes to the top and the cattle get cut hooves which, in contact with manure, can cause serious infection in the their feet. If possible, cattle need to be put on higher, less damaged pasture for a few days or longer to allow the soil to firm up.

During heavy flooding, weeds move downstream from one area to another, often depositing seeds on previously clean properties. It is a good idea to watch the paddocks and immediately deal with any areas of weed infestation to keep the valuable pasture paddocks clean.

Damaged paddock areas should be reseeded to pasture as quickly as possible to prevent further soil loss. I have often noticed that floods come in twos or threes, so prompt action is needed in dealing with exposed pasture or damaged paddock areas.

Tree planting should be done in any areas of river bank left exposed. Trees

grow naturally along bank areas and should always be replaced. It is best to find out which indigenous trees grow quickly and plant these. Trees can cause destruction but are far more our friend than our enemy. In gale-force winds large trees will take the brunt of a storm, often protecting the house in front of or behind them. Never be frightened to plant trees around a home paddock or river area for protection from wind or rain; the benefits far outweigh any damage done by them.

Cattle should always be moved to high ground or out of flood areas because when a cow becomes confused it will stand on the highest mound until it is washed away down river; it does not think of a way out. If flood waters are rising, chickens need to be thrown out of the coop to fly into the trees until the water subsides. Chickens are also not great thinkers and will happily sit on a perch until they fall into the water and drown.

Snakes have different survival skills and will find a debris raft and lie on it, or swim until they find high ground, usually a home or shed. Many will climb into trees, so be very careful after flooding. Be conscious of possible snake invasion as they are, after all, also looking to survive.

Always clear a bridge of debris because a build-up of rubbish and heavy water can cause structural damage leading to loss of an access road. One rule always prevails: *never take risks in flooding*. If needing help, call early before phones are out of reach or disconnected. Remember, life is the most important thing; everything else can be replaced; the rain will stop; the sun will shine. However, if you live in a flood plain or other flood-prone area, it will flood again, so damage prevention measures should be part of your farming routine. It is too late when the rain starts falling and the water starts to rise. ☘

# RECYCLING RUNS RIOT

## *Ballpoint Pens*

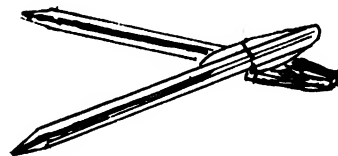
by Roberino, Arrawarra Beach, NSW.

Do ballpoint pens still write a kilometre? Many don't. After you've put it in boiling water for a few minutes and still no action, look at the vent hole that lets air into the top of the ink tube – is there one? Sometimes there isn't, so drill one yourself. Try blowing hard into the vent hole. Try storing the pen vertically for a few days as they can be as temperamental as humans at the change of seasons, full moon – all that sort of thing. Sometimes placing the ball tip on a light globe to heat it up will work.

When you've decided that it is genuinely deceased and not just playing games with you, it's possible to use the mortal remains in all sorts of ways. Some are made of up to ten parts, with little springs, grommets, sleeves, buttons, triggers, plugs and so on. All of

these little miracles can be of use – trust me.

So, what to do now? Get an old cheapo parts box (from the local 'el cheapo shop') which looks like a fisherman's tackle box or a clear plastic sewing box. Take the pen apart, down to all the little springs. At this stage you may actually scare the pen into action and gain long-term respect from the evil thing. If not, no matter, as all the bits are great in their second incarnation. The small ink tube can be used, just a short length, for fixing that loose nail. Hammer in the plastic, then the nail, just like a wall plug, which the larger outside tube can be used for. Just tap into the hole (wear protective goggles as this plastic is brittle), then screw in the self-tapping screw. I won't say what some kids use some of



the bits for as it may corrupt many adults reading this article. ☘

### LOWER AIRCONDITIONING AND HEATING COSTS

CONCERTINA

**FOIL BATTS™**

THE RADIANT HEAT BARRIER  
THERMAL INSULATION FOR  
CEILINGS • WALLS • FLOORS

- Efficient
- Compact
- Economical
- Non-irritant

**WREN INDUSTRIES**

Ph: VIC/SA 03-9532-5855, 1800-066-002  
NSW/QLD 02-9918-2055

2A Bricker St, Cheltenham 3192

## RECENT RELEASES

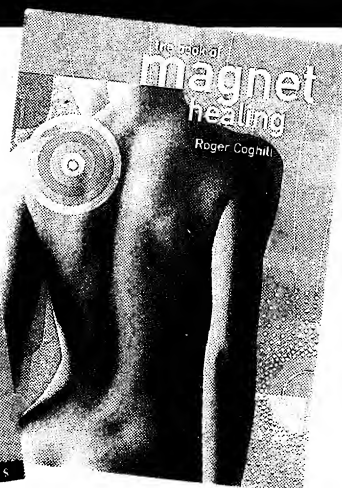
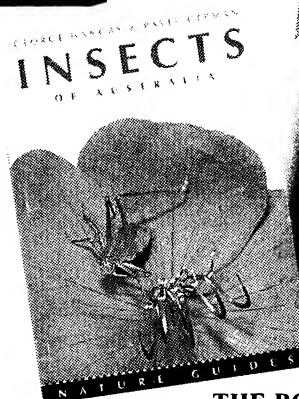
Titles described can be ordered through your nearest bookstore.

### INSECTS OF AUSTRALIA

George Hangay & Pavel German

This handy and colourful publication is part of the Nature Guides series. Australia has a vast quantity of insect fauna recorded so far and more are being identified all the time, with significant numbers still awaiting discovery. George Hangay has spent many years studying insects and Pavel German is a leading Australian wildlife photographer. The first part of the book covers insect groupings, their anatomy and development. There are tips on finding some insects, getting rid of others, how to start a collection of specimens, and keeping live insects. The second section covers 23 classified insect orders and some of the representative species within them in more detail. The glossary helps with understanding some of the entomological terms used in the text and there is a useful further-reading guide.

P/b, 128pp, New Holland, 14 Aquatic Dve, Frenchs Forest 2086. Ph: 02-9975-6799. RRP \$24.95.



### THE BOOK OF MAGNET HEALING

Roger Coghill

Many of us have known that we are taking risks being around electrical devices. Specialising in the effects of electromagnetic fields on humans, animals and the planet, and with a background in research biology, Roger Coghill goes into all the details. Find out how natural magnetic fields work; discover ways to protect you and your family from the effects of domestic electric currents; and learn to use magnets for healing specific ailments, including those of your animals. Roger has some interesting things to say about chronic fatigue, and there is a helpful resources section at the back of the book.

P/b, 127pp, Simon & Schuster, PO Box 507, East Roseville 2069. Ph: 02-9417-3255. RRP \$29.95.

### LIVING LITE

Ultra Low-Fat & Fat-Free Recipes

Sandy Frazer

This is a lifestyle recipe book written and self-published by the author. It shares her life-changing recipes, and her husband displays his talents as photographer. The couple lost 50 kilos between them after changing their eating habits eight years ago. More than 120 of the meals they still eat regularly are shared in *Living Lite*. Sandy and Paul Frazer exercise more these days, but continue to enjoy pizzas, potato chips, creamy pasta sauces, chocolate puddings and the like (all low fat of course). Sandy also covers 'must-haves' for the low-fat pantry, provides shopping hints and fat-free cooking tips. This book has been a run-away success and a sequel is on the way. The spiral bound format is a sensible feature that ensures the cookbook stays flat when you're preparing these delicious recipes.

S/b, 155pp, Cut & Paste Studio, 39 First Ave, Bridgewater 5155. Ph: 08-8339-4536. RRP \$27.50.

### HOLIDAYING WITH DOGS

Sandy Dennis

Do you want to avoid those soulful looks you get when the dog is left behind as you and the family head off for a break? This Australia-wide directory gives over 2000 listings for caravan parks, camping grounds, B&Bs, cottages, host farms, guesthouses, motels and other accommodation that welcome dogs. Now in its sixth edition, this handy reference includes 18 facilities that have been awarded a Five-Paw rating by travelling dog owners. All dog-friendly facilities are clearly listed in state sections, giving the name of the town, the facility, directions, map reference, telephone number, and conditions that apply to the guest dog. There are additional sections, such as pet sitter listings for when you want to visit national parks, some 'Golden Rules' to ensure pooch is always welcome, and helpful travel hints from a vet.

P/b, 168pp, 'Life. Be in it', 13/20 Commercial Rd, Melbourne 3000. Ph: 03-9820-5900. RRP \$16.95.

### KIDZ STUFF

The Ultimate Directory for Parents and Carers of Kidz

Naomi Beames & Wendy Docherty

Kid conundrum? Here's a reference guide that provides Australian parents with a comprehensive listing of goods and services for children aged up to 12 years. It contains around 2500 listings of places, activities and facilities geared for children, providing easy access to a broad range of ideas and contacts to make raising a child easier for parents and their network of carers. Covering Sydney metropolitan and surrounding areas, including Wollongong, the Central Coast, Newcastle and the Blue Mountains, *Kidz Stuff* includes everything from where to buy budget kids' clothes, to finding a restaurant that caters for families. The guide will be updated annually with new services and products available, and will also be rolled out to other major cities including Melbourne and Brisbane this year. Listings are separated into specific chapters such as Health, Parties, Childcare or Entertainment, and information relevant to an area is easy to locate via a colour-coded system throughout.

P/b, 397pp, GeorgOrWill Publishing Pty Ltd, 261 Pacific Hwy, North Sydney 2060. Ph: 02-9954-3299. RRP \$27.45.

### AUSTRALIAN RAINFORESTS

Densley Clyne

Densley Clyne is one of Australia's best known communicators on natural history, and Jim Frazer has a reputation for innovative photographic techniques. Both amply demonstrate their considerable skills in this enticing look at our rainforests. Each colour photograph is accompanied by informative text and the format makes this an ideal book for older children, ecotourists or amateur naturalists. Information is divided into nine sections under headings such as insects and spiders, frogs and reptiles, the forest floor, and epiphytes.

P/b, 96pp, New Holland, 14 Aquatic Dve, Frenchs Forest 2086. Ph: 02-9975-6799. RRP \$29.95.

## ROUND THE MARKET PLACE

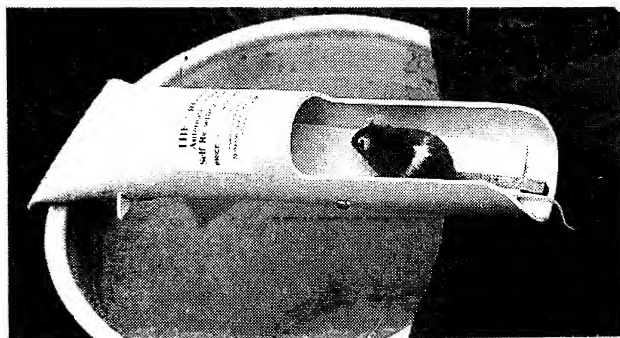
We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

### TRAPDOOR MOUSETRAP

This new mousetrap can save you the hassle of regular checking. Called the Row-ee after its inventor, former Riverina poultry farmer Harry Rowe, it is a multi-catch, magnetic, self-resetting trap. The traps are made from PVC tubing, with bait placed in a crosspiece at the end of the tubing. The weight of the rodent, as it enters the tube, trips a magnet on a hinged plate, releasing the magnet and dropping the victim into a container. The magnet can be adjusted by twisting sideways to provide more or less pull on the plate. The hinged plate is sufficiently light and provides enough balance so it is able to return to its original position, resetting itself. Harry recommends draping a bag from the floor to the bucket or container as access for rodents, or the bucket could be buried at ground level. Now 92,

Harry has been manufacturing the Row-ee for three years.

**The Row-ee sells for \$20 and \$5 postage and packing, and is available from Harry Rowe, 79 Reddall Parade, Lake Illawarra 2528, or ph: 02-4296-1129.**



### CANDLE SAND

Candle Sand is a new product that consists of granules of candle wax that can be poured into any shape and used as a candle. Any container can be used as a candle mould and granules that do not melt can be reused. This is an exciting and simple way to make candles. Candle Sand comes in a range of eight colours and scents, including fragrances such as cinnamon, lavender, vanilla and sandalwood, so you get the full benefits of aromatherapy with each candle. The granules are available in 250 g packs (with bigger refill packs also available) which give about 25 hours of burning time. Each pack includes three wicks so that unused granules can go towards making another candle. Try different containers for your candles – shells or glassware are ideal. Full instructions and some imaginative ideas come with each pack. There is no delivery charge for orders of less than 2 kg, with prices starting at \$14.50 for the 250 g pack of Candle Sand.

**Candle Sand is available from F'arty Crafts Online Craftstore, Lot 9, Little Paxton Court, Willaston 5118, ph: 08-8331-2314, fax: 08-8331-2315, or visit the website at <http://www.fartycrafts.com.au>**

### PROTECT YOUR BOUNTY

While we all love birds, many of us become furious when we see the cockatoos hoeing into the fruit on those carefully tended vines, or the rosellas grabbing a juicy snack off the apple tree. Now Pest-Away Australia can offer the home gardener or the professional market gardener some protection for their valuable crops. Their bird scare devices include helium-filled balloons and balloons with scary eyes that can be suspended from high points. There's also an electronic big red man who makes siren-like noises and inflates rapidly every 20 minutes or so for 30 seconds. He has proved popular in Europe and America, and can provide six hectares of crop coverage. But it is best to move him and the balloons regularly and remove them when not required so that the birds don't become used to them. Pest-Away also has the tried and tested netting – an Australian-made polyethylene product that is five metres in width. Prices for balloons start from around \$10 plus postage, but the scary man is about \$1000.

**For more information contact: Pest-Away Australia, PO Box 3216, Batehaven 2536, ph: 02-4471-3974, or fax: 02-4471-3556.**

### STAY COOL WITH INSULFORTE

Insulforte is a revolutionary coating system that acts as a membrane on industrial, commercial, agricultural and residential buildings. Insulforte substantially reduces heat transfer through substrate, and can encapsulate and lock in dangerous asbestos fibres. It is anti-corrosive, converting rust to iron phosphate, and provides a waterproof coating. Used with four specialised priming systems, Insulforte is ideal for any roof type, and treated surfaces are safe for the collection of drinking water. Obvious benefits of using this product include reduced energy costs, an improved working environment, preservation of relevant substrate, and protection of livestock from extreme weather conditions. Insulforte does not give off hazardous fumes and, being water borne, is environmentally friendly. It is 100 percent Australian designed, manufactured and owned, and has a full seven-year product warranty.

**For more information contact: Insulcoat, 119 Willoughby Road, Crows Nest 2065, ph: 02-9956-3824, fax: 02-9439-257, or visit the website at <http://www.insulcoat.com.au>**

### KANGAROO LEATHER WALKING SHOE



Australia now has its first kangaroo leather walking shoes for the 50+ market. Lynx has designed these men's and women's shoes for comfort, support and longevity. They are light, strong, have wide fittings and full cushioned mid soles, and are simple in style. Kangaroo leather is lighter and softer than regular cow leather and its strength-to-weight ratio is up to four times stronger. In addition, both Lynx Roam (the men's walking shoe) and Lynx Walk 2K (the women's walking shoe) have soft, removable, orthotic insoles, and antibacterial linings that are 'full bag' to ensure the wearer cannot feel seams anywhere in the shoe – great for people with bunions or calluses. These shoes are available from Williams the Shoemen and Mathers Shoes stores and retail for under \$100.

**For more information contact: Colorado Group Ltd, GPO Box 344, Brisbane 4001, or ph: 1300-364-686 for your nearest stockist.**





## DOWN HOME ON THE FARM

by Sunshine Miller.

I'm inclined to think the old sayings might be true. 'Blood will out' sprang rather dramatically to mind recently as partner Marcel and I surveyed our new 'dream home'. Three-quarters of an acre of overgrown vegetation, unnamable junk and careworn house, situated in a rural backwater, probably sounds frighteningly familiar to you all. A one hundred percent *Grass Roots* property, in fact! It certainly sounds straight out of the Grassies, and was indeed all we could afford.

The new place is about 30 kilometres from the town I grew up in, and only fifteen minutes away from work and parents. Settlement took place last Monday. We hadn't seen the place for a few months, though between our potential neighbours and work colleagues I had managed to keep up to date on how it was going. ('By the way, Suni, so and so told me they heard banging in your shed on the weekend, sounds like they are getting ready to move out.') I quickly realised there would be no nude dashes to the outside loo at this place!

After the total anonymity of Melbourne, it was a further shock when, during the settlement transaction and before I had even introduced myself, the local bank teller told me that yes, she knew exactly whose place I was buying. On our first visit my new next door neighbour popped over to say hello and ask after Megg and David. Ahhh, the country! I am reassured that it will be safe, and that there will be no risk of vandalism or burglary in our absence. And having originated in the area I should be considered half a local at least. I can see I'll have to behave myself though.

With the three of us, Megg, David and myself, looking at performing simultaneous renovations, morning tea conversation has been hovering between bob-cats, restumping and enviro paint for some time. David came down to have a look with me and just shook his head sadly. 'Look at this place, you really are a Miller,' he sighed, 'we just can't help ourselves ...'

He's right – there's certainly a lot to do. My city partner is about to find the

handyman within (as yet a part of him unknown to us both) when we tackle the leaking tin roof, up-and-down floors, uncongenial wallpaper, and timber to be sanded and polished. I've got plans for painting, and want a few walls knocked out as well. And that's just the house!

As you can imagine, Marcel and I simply didn't know where to begin.

The only thing we could think of that we had the skills to do and would make a difference was the weeding, so we've been weeding like fury all week. Okay, Okay, I confess I've been at work, Marcel has been weeding – poor boy, blisters, cuts, it's hard work this self-sufficiency business. The outside toilet took him a bit of getting used to, too, luckily the kind previous



Marcel and Suni taking a break from weeding, 'the only job we know how to do'. The obliging cat is the neighbours', not their family pet Pablo.

owner had despicdered it. I can't wait till it's our turn!

The garden has some beautiful established trees, old rose bushes and, naturally, plenty of agapanthus. I've got big plans for a herb wheel, orchard and native garden, and have gone around muttering biodiversity under my breath for days. Megg has been a valuable source of advice and common sense, although I've seen her mouth twitching suspiciously at Marcel and me on the odd occasion.

She has earmarked some attractive Faverolles chooks and a family of slate turkeys for us. We have only just become parents to a kitten this year, a full-time job that required reading every cat book in the library, copious notes, structured feeding plans, nutritionally balanced diet and constant psychological reassessment – a lot of 'hmm, what do you think that twitch means?' So the thought of all these additional creatures depending on me was rather overwhelming. There are a lot of chook books to read in this office, and I'm still only halfway through 'renovating for dummies'. Pablo the kitten, however, has turned out well, and likes to purr happily while lying over my shoulder like a stole when I do the dishes. He loves to jump into visitors' laps, causing me much soul searching – after all, I'm his mother, doesn't he love me best? I've come to realise, however, that as they grow up, you just have to let them go.

As for the turkeys, I wouldn't be surprised if it was all a devious plot on Megg's behalf. Not having to feed cages two and three will get her a few extra winks of sleep in the morning, and, as our new block is unexpectedly well-stocked with chook pens, no doubt next it will be some Malay Game, Silkies, or a flock of those noisy geese. The thought of some bustling little feathered folk attractively setting off my future lawn is certainly too appealing to resist, not to mention the ready fertiliser, so I'm probably already lost. Pablo will be very pleased.

Tools have been looming large in our minds. Mowers appear to be more expensive than the house was, and they just don't seem to make a girl-size crowbar. Thank heavens for parents! I've asked them both to provide me with a list of tools they have available

for borrowing, and when David rashly said straining a fence was easy, he could do it in five minutes, I suggested he also furnish me with a list of useful skills he might be able to contribute – it hasn't arrived yet!

Megg has spent the past two years creating a stunning garden – I can only dream – so I'll be sneaking through with the secateurs and taking cuttings (on my way to the tool shed). She took me aside to tell me sagely. 'When in doubt, remember the curry plant.' It grows like blazes, so I know where to start. Apparently my predilection for weeding and planting with bare hands is amateur's madness, and I'm sternly reprimanded with, 'Gloves, my girl,' every time I try and nick out the back.

Thanks to Marcel's labours, raised vegie beds, created in the distant past with some old sleepers, have emerged from the weedy wilderness. They all dip quite a bit in the middle, but a judicious application of Megg's organic chook poo should fix that, and if I can plant a green manure crop before spring, I should be set for vegies throughout the year.

Marcel spent some time in solid consultation with Mary about pruning and emerged frowning but determined. Cut after a bud, and on a slant was the general gist. I daren't ask Megg – she'll kill me for mentioning it, but her last energetic go at pruning resulted in the demise of one of my Grandmother's beautiful heritage roses. It hasn't stopped her, though, and she has been flourishing the cutters threateningly around my overgrown bushes. Between Marcel and Megg, the garden has every right to be trembling.

It's all so exciting. We don't know much about what we are doing, but I'm starting to remember useful information from my country childhood, there are plenty of GRs around to look up, and my GR coworkers are a proverbial mine. I'm looking forward to the day when I'm the one arriving at work with a bag of enormous shapely zucchinis to give away and saying casually, 'Oh yes, they just won't stop growing, take as many as you like.'

Best of all there is a huge lemon tree staggering under lemons just outside the kitchen window. I can't wait for that first gin and tonic made with my own lemons! ☺

## PENPALS

**Merry Meet:** I am a 28-year-old mother of 6, 4 boys, 2 girls, aged 11 and under. I have a keen interest in natural/herbal remedies and rejoice in what our earth mother provides for us. I love reading, both non and fiction, writing for pleasure, and singing! I would love to hear from anyone of any age or sex, promising a quick reply.

**Gold Moon**

**36 Banyandah Rd, HYLAND PARK 2448.**

My name is Jordan. I am an 11-year-old boy. I like drawing, writing and reading. My favourite sports are basketball and soccer. My favourite subject is science. I always like a good laugh. I come from the Gold Coast. I live just across the road from the beach. Do you have any pets? I have one pet rat. How old are you? What are your favourite sports and subjects? What are your favourite cartoons? I can't wait to get a letter from you.

**Jordan (GR145)**

**C/- PO Box 117, SEYMOUR 3661.**

I am an 11-year-old boy and I live next to the beach, on the Gold Coast. Where do you live? My favourite subjects are maths and spelling. What are yours? How much money do you get every week? I get 6 dollars but I work very hard for it. What are your favourite hobbies? Mine are basketball, building model ships, art and a lot more interests. Do you have animals? If you do what are their names? Can't wait to hear from you.

**Danny (GR145)**

**C/- PO Box 117, SEYMOUR 3661.**

First generation Aussie, city born and raised but planning rural and alternative lifestyle. Varied interests hold my attention, both of conventional and alternative nature. Though I was born in 1966, I see age as unimportant to who I am. I'm interested in hearing from people any age, in any locale, to share ideas and earthly experiences.

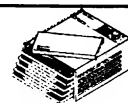
**Miriam Baxt**

**1 Carlyon St, ORMOND 3204.**

**Fax: 03-9824-2171.**

*Excalibur*

### Food Dehydrator



Vegies~Meat/fish~Fruit leathers~Raising bread~Making yoghurt~Arts/crafts~Flowers  
Features include horizontal airflow; large capacity interior; adjustable thermostat.

\* Model 2900: 9 tray

Dries up to 18 kg per day

\* Model 2500: 5 tray

Dries up to 11 kg per day

"Preserve it, Naturally"

140pp instruction book included in price

For more info & brochure:

**Excalibur Box 203, Tolga. 4882**

**Ph/Fax: 07 4093 3754**

Channel Road, Walkamin Qld 4872

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 85 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 146 is 30th June, 2001.** Please do not fax ads.

Sender's Name .....	For issues no/s .....
Address .....	Classification .....
Postcode .....	Cost .....
<b>Cost for advertisements is 85c per word</b>	

## PROPERTY FOR SALE

### NEW SOUTH WALES

**DORRIGO**, new log slab, 3 b/r home, 1 ac organic landscaped gardens, deep volcanic loam, perm, unpolluted stream. Features include spotted gum flooring, exposed bloodwood beams, redgum benchtops, large verandah, second toilet, underhouse garage. Private north-facing bitumen rd, 1/2 hr to Steiner school, 1 hr to Coffs. No GST. \$17,000 saving for 1st home owners. \$135,000. Property id no 2347. Ph: 02-6657-4123. [www.fsbo.com.au](http://www.fsbo.com.au)

**LOVELY NEW TIMBER HOME** – 2 1/2 ac share on MO, 6 km nth of Nimbin, r/forest mtn setting, 3 b/r, lge living area and deck, kitchen, bathroom, toilet, 240V, good water supply, solar hot water system, wood stove. Close to public & private schools. \$125,000. Ph: 02-6689-1014.

**BELLINGEN, KALANG VALLEY**: 3 b/r wooden house on 13 1/2 ac, lge shed, elec, ph, organic garden, paddock, beautiful perm r/forest crk. \$180,000. Ph: 02-6582-6757.

**MID NORTH COAST**, Taylors Arm, 1200 ac, 9 co-owners, all very private, backs onto state forest. Beautiful r/forest, 2 valleys with perm running water. Three b/r owner-built pole home. Solar, gas stove, fridge, hot water, ph. North-facing picture-postcard setting. \$53,000 ONO. Possible vendor finance. Ph: 02-6569-6330.

**COONABARABRAN**, half share in 100 ac with peace-loving environmentalist. Fully timbered, views. \$30,000. Ph: 02-9651-7627. Email: [patrickssibraa@hotmail.com](mailto:patrickssibraa@hotmail.com)

**BEMBOKA**: Amazing opportunity for a small tourist business. Shop is located on a corner position on the main Canberra rd. Huge verandah & views of the valley. Large garden area as well. \$70,000 ONO. Must sell. Ph: 0418-356-266, or 03-9455-0050.

**BEAUTIFUL** 3 b/r split level/2-storey stone & timber cottage, 12 mins from Dorriggo (near Bellingen, nth NSW), 1/2 share on MO. Borders river, 240 mains, fuel stove, rain/bore water, leadlight windows. Two-storey shed with spare room close to house. \$65,000 ONO. Ph: Wendy, 02-6652-1427.

**BELLINGEN**, 5 1/2 ac backing Dorriggo Nat Pk, with D/A approved, solar powered cabin & c/van & 5.5 KVA generator. Rainforest gully with spring-fed dam with pump/workshop/mature f/trees. Close to town & shops & pristine rivers. \$100,000. Ph: Bruce, 02-6655-8531.

**LOW COST LAND SHARING** in new alternate community, 20 km nth Port Macquarie, 1640 ac property, sites in cluster style, 80 sites total with 20 left. Beach access through nat pk, river 2 km away, good soil, no cats/dogs. Cost \$7000. For info-maps ph: 02-6653-4601, 02-6566-0087, web: [www.skyboom.com/goolawah](http://www.skyboom.com/goolawah)

**TENTERFIELD**, 140 ac, 3 b/r 20 sq house with boarding/breeding kennel & cattery. Unrestricted development consent, approved B&B 'People & Pet Stays', NE aspect, 180° views, 13,000 gal tank capacity, 3 dams. Self-suff 240V solar power & hot water. Selectively cleared, good timber, areas suit sml crops/grapes/olives. Many more details. \$225,000. Ph: 02-6737-3626.

**COONABARABRAN** – 1500 ac, 200 cleared, f/hold, 2 b/r fibro house – solar light & water, modern bathroom, 2 sheds, 4 dams, 10 paddocks, suit organic enterprise. Including 98 hp tractor, plough etc (no debts). WIWO \$200,000 ONO. Ph: Maggie, 02-9745-5792, or Col, 02-6842-8201.

Email: [Maggie@guardianangels.com.au](mailto:Maggie@guardianangels.com.au)

**PICTURESQUE 40 ACRES** river frontage, 25 km from Nundle, 85 km from Tamworth. Permanent clean water, river flats. Well elevated with valley views, a 3 b/r home set in attractive gardens, poultry runs. Large Colorbond shed with power & water. Good fencing. Ideal for sml stud, organic production. Idyllic lifestyle in clean mountain air. Offers around \$100,000. Ph/fax: 02-6769-3662.

**LILLIAN ROCK**, on estab community, 15 mins Nimbin, 1 hr Byron, 45 mins Lismore, magical open plan pavilion house on 5 ac private share, beautiful regenerating forest, close to nat pks. Solar power, s/c stove/heater, ample water. Superb wildlife (no cats/dogs permitted), very peaceful & private. \$67,000. Ph: 02-6689-7372.

**WHIPORIE**, 153 ha, 62 km nth of Grafton. Double storey, 3 b/r, open plan kitchen & living area. Fibro/brick construction with tin roof. Sealed wooden floors, 9 x 8 m granny flat, 7 x 12 m shed with concrete floors. Hybrid solar/generator power to house, flat & shed, 2 x 5000 & 6000 gal water tanks. Approx 70 ha grazing on flats & valleys, rest timbered ridges. \$250,000 ONO + cattle at value if wanted. Ph: 02-6661-9153, avoid 7 – 9.30am/pm. Email: [wbrener@nor.com.au](mailto:wbrener@nor.com.au)

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**NEW ENGLAND TABLELANDS**, Uralla, 4 ac bush retreat, 2 – 3 b/r 2-storey house, studio space. Split concrete/hardwood exterior, cathedral ceiling, lined pine, 2 mins town, 20 mins Armidale, 5½ hrs Sydney. \$135,000. Ph: 07-4938-8300 evenings.

**BYRON HINTERLAND, MYOCUM** via Mullumbimby, half share in 5 ac property part regrowth r/forest, around 2 ac cleared & extensive mature organic tropical orchard. Views of Mount Warning. Duplex, two very lge well lit rooms. \$160,000. Ph: 02-6622-2237 (home), 02-6625-0111 (work).

Email: samiro@nor.com.au

**MUDGEE RETREAT/HEALING CENTRE**, 27 ac granite country, views, 3 b/r home, en suite, office, sep wc/shwr/bthrm. Conference centre, 80 chairs, w/chr access, wc/shw, kitchen, all s/c plus s/c log cabin & bunkhouse, s/c, sleeps 10, 2 wc, 2 shwrs. \$275,000. Details & video ph: 02-6373-3868, or www.hwy.com.au/whthaven

**BUNGONIA**, cosy 2 b/r Hardiplank home, power, ph, mail, school bus, 43 ac hobby farm. Pasture improved, limed, supered, 5 paddocks, chook run, 2 dams, loading ramp, estab gardens, sheds, dairy. Thirty mins Goulburn. \$160,000. Ph: 02-4844-5184.

**TENTERFIELD, BIRTHPLACE OF NATION**, 880 ac, 10 deeds, 20 km town, 70% grazing & cultivation, balance bush. Three b/r cottage, gen power, ph, secluded, excel watered, 32" r/fall, 950 m elevation. Possibly some vendor finance. \$249,000 ONO. Ph: owner, 02-6736-2602.

**BOMBALA, NSW**, 80 ac fronting the Delegate River. Secluded bush block, good road. \$38,000. Ph: Stewart, 02-6458-3433 BH.

**TOWAMBA RIVER FRONTAGE**, 30 km sth of Eden, 40 ac, native bush, lagoon, shed, c/van, good river soil, \$60,000 ONO.

Email: snowplow@ihug.co.nz, or agent, 02-6496-1790.

**MID NORTH COAST**, Forster 25 mins, reduced to sell, 17 ac piece of paradise, 5 b/r home & income. Unique estab part-time health retreat: hydro-therapy hot spa and pool, 3 bathrooms; incl 4WD. PO 7 mins, school bus, 3 hr Sydney. Only \$275,000 ONO. Owners retiring. Ph: 02-6550-2340. www.users.tsn.cc/jdil

**KYOGLE SHIRE, FIVE ACRES**, fenced, power, ph. \$17,500 or trade car & cash. Ph: Kevin, 0415-447-990, SYDNEY.

**MACLEAN** (between Byron Bay & Coffs Harbour), 156 f/hold ac, natural virgin forest & coast wilderness, near coastal beaches & nat pks. Large perm crk, building permission, no neighbours. Worth \$89,000, drastically reduced to \$54,000. Ph: Howard, 02-6646-3733.

DEADLINES: GR146 – JUNE 30TH  
GR147 – AUGUST 30TH

**MERIMBULA, FAR SOUTH COAST NSW**, bush block 65 ac, 5 mins Merimbula, Pambula Beach, airport. Great location. \$130,000. Ph: 02-6495-6593.

**SHARES ON ESTABLISHED** conscious community, Byron Bay hinterland. \$90,000. Ph: 02-6684-9394, 0412-149-677.

**FAR NORTH COAST**, unique property with stunning views. Four years old, 3 b/r timber/pole home situated 2 km from Tyalgum village, 25 km west of Murwillumbah & only 40 mins drive from Coolangatta beach. The home faces north with a dam in front & Mt Warning at the back, 12½ fully fenced ac with views of the Border Ranges, Lamington & Springbrook Nat Pks. Approximately 2 ac are planted with bushtucker, tropical fruit & citrus trees. Vegie, herb & flower gardens surround the house, with a eucalyptus forest of about 5 ac with a sml crk running through at the bottom of the property. The remaining land can be used for sml income producing activities such as coffee, bamboo or cabinet timbers plantation. \$216,000 ONO. Ph: 02-6679-2005. Email: rumsey@one.net.au, view at: australiarealty.com.au

**TENTERFIELD PROPERTIES**: 50 ac, bush block – \$23,000; 50 ac, dam, cottage & large shed with power – \$70,000; 450 ac, scenic mountainous bush retreat, crk – \$70,000; 760 ac, mountainous grazing property, crks – \$85,000; 711 ac, bush block, six dams, 20 km from town – \$90,000. Drake property: 50 ac, good soil, most cleared, crk fenced, 50,000 gal tank – \$48,000. Ph: Alford & Duff Pty Ltd, 02-6736-3377, 02-6736-3259 AH.

**BORDER RANGES**, 135 ac, surrounded by nat pk, 2 hr Brisbane, 1½ hr Byron Bay. Secluded valley, private magnif views, NE aspect. Excellent soil, chemical free, improved pasture, carries 20 – 40 head. Rainforest pockets, huge gums, spring & perm crk with swimming hole, 1375 mm annual r/fall, low frost. Two steel sheds with tanks, 2 dams, ph avail, school bus, mail, easy access. Suit permaculture, mixed farm, ecotourism. Machinery also avail. Unique, magic place. \$165,000. Ph: 02-6636-2272.

**TARALGA EIGHT KILOMETRES**, 15 ac f/hold, 3 b/r cottage. Established berry/jam business. Room expansion/diversification. Good water, r/fall, fences, veg/flower gardens, spring bulbs, chooks. Scenery, high on dividing range, 4 seasons. All elec + open log fires, stoves. \$240,000. Ph: 02-4840-2098.

users.bigpond.com/pmburnett

**URALLA AREA** (New England), 105 ac, council rd, building permit, power, ph, good water, suitable for orchard, mixed farming or artist retreat. \$40,000. Ph: owner, 02-9987-4839, or agent, 02-6778-3066.

**NIMBIN**, 10 km north, 1/16 share on estab MO, r/forest, crk, 3 room cottage. \$45,000. Ph: 02-6689-0211.

**FORTY THOUSAND** buys peace & serenity in your own 11 m x 11 m self-contained 3 b/r log cabin set in the high country of the Northern Tablelands on 2000 ac multiple occupancy property. Price incl fuel stove, gas fridge, new 240V gen, orchard, shed, septic, o/fire, school bus. Won't last. Ph: 02-6725-2474.

**TUROSS RIVER**, 1 hr, Narooma, 40 ac, secluded, river frontage, 30 ac cleared, 2 dams, 8 fenced paddocks, house cow. Fergie tractor & slasher, implements, sheds. House, 2 b/r with solar pnl, batteries, wood heating, hot water & cooking, gas fridge 220 lt. 240V gen, 12V charger, pumps etc. \$160,000. Ph: 02-4476-3972, or 02-4476-3187.

**JERVIS BAY AREA**, unique 4 b/r rammed earth house with glorious outlook on 3½ ac. Lifestyle & income from organic farming/alternative building training/workshop activities. B & B licence, lge c/van incl. \$219,000. Ph: 02-4443-4266.

**MILTON/ULLADULLA AREA** south coast (NSW), 1/6 share in 100 ac Born Again Christian community. Beautiful 3 b/r home, huge dam, mach shed, solar, gen, mountain views, 25 mins town. \$145,000. Ph: Ron, 02-4455-6744. Like-minded applicants appreciated.

**LOVELY SMALL SECLUDED COTTAGE** – r/forest mtn setting, much wildlife. Good water supply, spring & tank. Wood chip heater, solar power, trop f/trees, school bus, + 2 ac share on MO, Channon/Nimbin area, main & 3 rooms. Price \$59,000. Ph: 02-6621-4981, or 03-9499-3463. Brigitte Zweng, 22 Clarice St, LISMORE 2480.

## QUEENSLAND

**NO ONE WILL FIND YOU HERE**, 190 ac mountain top, all untouched forests, good soils. Last property at end of road yet only 1 hr from Brisbane. \$75,000. Owner terms: \$5000 deposit, and \$160 pw. Ph: Wayne, 07-3262-6050.

**HIVESVILLE, QLD**, 3½ ac, fully fenced, 2 b/r house fully renovated. Lovely garden, orchard. Thirty km from Joh Bjelke Dam, 16 km from Boondooma Dam. \$67,500 ONO. Ph: 07-4168-9816.

**BRISBANE SOUTHSIDE**, 10 ac, 30 sq earth-bermed 4 b/r open plan home. Country kitchen, 12' x 12' u/ground cellar, pool, shed, stables, dams. \$240,000 ONO. Ph: 0428-100-991.

**SECLUDED BUSHLAND SE Qld**, solar powered country cottage on 90 ac, 2½ b/r, 2 toilets. Large vegetable garden, shaded clothed, irrigated. Many sheds – three dams, largest has jetty, pergola. Fully goat fenced, suit all livestock, 75 km NW of Kingaroy. \$92,000 WIWO. Ph: 07-4168-0273.

**BUNDABERG AREA**, 4.5 ac selectively cleared, virgin soil, sml forest, dam. Includes modern house. Quick sale \$99,900. Ph: 07-4126-8260.

**MILLMERRAN, TWENTY-FIVE ACRES** untouched bushland, corner block, 20 mins from town. \$16,000. Ph: 07-4695-4104.

Don't forget to include your area code with your phone number. It's best to set it out as 00-0000-0000. ✱

# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

**HERVEY BAY AREA**, 160 f/hold ac, price drop again – must sell, private sale. Hervey Bay 70 km, Brisbane 270 km, wildlife, mill hardwoods crop significantly fenced, uncleared, undulating, perm crk, 34" rain, hut, dam, tank, power avail. \$85,000. During June ring: 08-8927-7629, otherwise visit, enquire, reverse charges: 07-4128-4617.

**MORTON BAY/RUSSELL ISLAND**, Qld, island paradise, new 2 b/r home. Quality inclusions throughout, sundecks front & rear. Close to water – all amenities, great fishing, crabbing, prawning. Ideal retirement. \$55,000. Ph: 07-3409-1979.

**BEST OF BOTH WORLDS!** Reluctantly offering our 43 ac: peace & privacy. Permanent crk, timber, wildlife. Home sheltered by shady native garden; r/water tank, shed, dam, bore, fox-proof pens. Bundaberg, Fraser Coast beaches 20 mins, 10 mins PO, banks, shops, secondary school (primary 2 km). \$130,000. Ph: 07-4126-6188.

**FORTY-FIVE MINUTES TO BRISBANE** or Sunshine Coast, land 909 sq m to build home (no building restrictions), partly shaded, ironbark & gum in 2 extended corners of block. Near primary school, shops, Deception Bay. Power, water. \$42,000. Ph: 02-9150-7665.

**EUNGELLA: '7th HEAVEN RETREAT'**: Registered business name on 4.2 ha with r/forest. Large 2-storey conference venue adjoins self-contained flat & fully equipped eating area for lge groups + near-new 4 b/r Queenslander home. Ideal for healing, meditation & all holistic modalities. POA. Ph: 07-4957-8547.

**KIN KIN, SOUTH-EAST QLD**, stained timber open plan house, vaulted ceilings, 2 b/r & loft, clawfoot bath, wood heater, 10,000 gal tank, dble garage, deck. On 30 private ac of regenerated r/forest, seasonal gully, 3 dams, orchard. Twenty mins Gympie, 40 mins Noosa, 2 hr Brisbane (all sealed rds). \$185,000 ONO. Ph: Peter, 07-5486-6219.

**HERVEY BAY** 1 hr, Maryborough 1/2 hr, 3/4 ac with c/van, septic & shower, f/trees, waterhole etc, mail delivery, grass roots lifestyle is achievable here. \$12,000 ONO. Ph: 07-4129-6294.

**THIRTY MINUTES NOOSA**, 40 ac environmentally significant listing, adjoins massive forest, rich r/forest soil, timber, grassed northern slopes. Two house sites, coastal views, elec. \$90,000. Ph: 02-6689-7312.

**GYMPIE TWENTY KILOMETRES AWAY**, 70 ac ex-dairy, grown small crops, bananas. Future subdivision/community title. Absolute privacy, adjoins forestry, 5 km to village. \$98,000, 10% deposit TAP. Ph: 07-5442-7444.

### NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein.

PLACING AN AD?  
See page 74 for details

**MARYBOROUGH HINTERLAND**, 1.79 ha, dam, power, ph, sheds. Ideal weekender or living block. For quick sale, \$55,000 ONO. Ph: 07-4696-3222.

**ABSOLUTE PRIVACY**, can't be built out, 56 ac of selectively cleared rolling hills, 2 – 3 b/r house, screened-in verandah, lge farm shed, tractor & implements. Permit to pump out of crk, 3 dams & pump. Fertile soil. Ten mins to Gin Gin, 50 mins to Bundaberg. Ideal for sml crops. Video avail. \$89,000. Ph: 07-4974-7147.

**BEAUTIFUL, PRIVATE VALLEY**, of 160 ac, near Gin Gin in SE Qld. Ideal climate & aspect, lge dam, 37 varieties f/trees, power & ph. Dwelling of 30 sq m & 90 sq m house 70% complete. Photos avail. \$135,000. Ph: 07-4157-2736.

**SUNSHINE COAST**, 7 mins to Nambour or Yandina, 18 ac r/forest, perm rocky crk, waterfalls, swimming holes – home to platypuses. Joins state forest at rear. Cavity brick home – timber features, separate studio, very adequate new solar power system. Very private location. \$239,000. Ph: owners, 07-5472-7361.

**FORREST BEACH, NEAR INGHAM**, 3 ac residential block, natural bush. Handy Allingham township, shops, school, beach, boatramp, pub. \$50,000 ONO. Contact: John, 07-4057-7150.

**HINTERLAND GRAZING**: Fully fenced 25 ac, perm crk, dam, gently undulating, valley views. Ideal for grapes, olives, neem. Only \$19,990. Ph: 07-4153-1344.

**MONTO, HOBBY FARM OR CRAFTSPERSON'S** gallery/home or retirement retreat, 12 km nth of town on Burnett Hwy, 3 b/r house, 2 40 ft x 10 ft dongas, 36 ft x 30 ft shed, cow bail & chook shed, 3-phase power, bore & tank water, good soil. \$120,000. Ph: owners, 07-4613-0381. Pictures on internet: [www.c-link.com.au/Montohouse.html](http://www.c-link.com.au/Montohouse.html)

**COASTAL ACREAGES** – Vendor terms – from 5 to 500 ac, close towns, beach, with crks, dams. No credit checks, low deposit. Blocks from \$52 per week. Ph: 07-4153-1344.

**SOUTH-EAST QUEENSLAND**, environmentalist's dream, 3800 ac, 4 blocks. Home, timber, grazing, landscaping, spectacular views, 2 hr Brisbane. Creeks, springs, waterfalls, abundant wildlife. Sell separately/trade. POA. Ph: 07-5484-0336.

**KOOKABURRA PARK ECOVILLAGE**, stage 4 now selling. For more info: Web site: <http://kookaburra.eco-village.com.au> Email: [barry@kookaburra.eco-village.com.au](mailto:barry@kookaburra.eco-village.com.au) Ph: 07-4157-2850, or 07-4153-1303, fax: 07-4153-1358.

**RAINFOREST RETREAT** & sml camping area 2 km from nat pk, situated on pristine crk. Enviro-friendly, requires partner. This 20 ac property has huge potential in alternative tourism market. Website: [www.bushcamp.net](http://www.bushcamp.net) or ph: 07-4958-3204.

**SECLUDED RETREAT**, 20 mins Warwick. House on 4 fertile ac, running crk. \$82,500. Ph: owner, 0409-640-280.

## VICTORIA

**ORGANIC CERTIFIED, PRIME COLAC PROPERTY**, 51 ac (20.85 ha). Organic certified land which is watered by 3 dams, underground 6 inch main irrigation system, 23 x 20 ft storage shed, 2 igloos, each 70 ft x 14 ft and power avail. Plant and tractor incl in price. \$145,000. Contact agent: Mark Theodore, 03-5231-5011 BH, or 03-5232-1213 AH, or mobile 0408-523-563.

**BUNDALONG/YARRAWONGA**, modern 3 b/r ranch-style home, open plan living, main bathroom & toilet, separate shower & toilet, 5 ac, tanks & excellent bore water, evap cooler/Coonara, garage plus 60 ft x 25 ft shed. \$153,000. Ph: 03-5726-8371.

**FAR EAST GIPPSLAND**, 152 ac riverfront property, situated on Genoa River, secluded, abundant wildlife. Mostly bush, 15 ac cleared flats, sheds, 2 lge dams. \$98,000. Ph: 03-5158-8211.

**MALLACOOTA AREA**, riverfront cabins/camping in secluded bush setting. Campfires, boat ramp, excel fishing. Ph: 03-5158-8211 for colour brochure.

**GOONGERAH, EAST GIPPSLAND**, 1/2 share in 150 ac. Beautiful 3 b/r home on 5 ac next to mtn river, house fully equipped. Active, green community with p – 8 school, 1 hr nth Orbost. Ph: Bob or Sylvia, 02-6241-5858, 03-5154-0123.

**SWAN REACH, EAST GIPPSLAND**, 55 ac undulating good productive land, 4 paddocks, 3 dams, bore, good shedding, 150 estab avocado trees. Farm could be classified AAA organic. Comfortable brick home, verandah all around, 3 b/r, lounge, dining etc, cellar, combustion cooking & heating, all services. \$260,000. Ph: 03-5156-4417.

**PICTURESQUE AND PEACEFUL**, Mitta Mitta NE Vic, 16 ac, shed/workshop with living area. Solar 12V & water. Significant native garden. exotics & orchard. Valley views, water race feature, adjoins native forest. Offers, ph: 02-6027-0636.

**BEALIBA**, 3 x 5 m heated hut, view, quiet, fertile, fruit, near creek. Bargain, \$5900. Ph: 03-5469-1204.

**INVESTMENT AND EMPLOYMENT**, 232 ac bushland, 3 b/r house 3/4 built, 3 m verandah all way around, perm small lake in front, 6000 pine trees. Employment offered in other area for 1 or 2 people. \$88,000. Ph: 03-5587-7207, Edenhope area.

## TASMANIA

**PELVERATA**, 35 mins sth of Hobart, 1.8 ha farmlet, 3 b/r timber cottage in sheltered valley. Creek/dam/r/water, estab fruit, veg, native gardens, poultry yards, sheds. \$67,000. Ph: 03-6266-3575. More info: [www.australian-private-realty.com.au](http://www.australian-private-realty.com.au)



# GRASSIFIEDS

## PROPERTY FOR SALE

### TASMANIA

**EAST COAST** 25 ac, very private land with perm crks, sunny with hut, 5 km to coast. \$35,000. Ph: 03-6334-5667.

**SOUTHERN TASMANIA**, 2 b/r celery top, nth aspect, bush, privacy, french doors, lge windows, verandahs, complete solar power system incl gen, gas & wood, f/trees, dam, pump, r/water tanks, studio. Nine ac share of 99, tenants-in-common land title. Sole use of house, studio & environs. Currently let for \$100/week. Hour sth Hobart. \$67,000. Ph: 07-4039-0740.

**A COUNTRY PARADISE**, immaculate 9 yr old home on 1 ac beautifully landscaped amongst dairy farms. Three b/r, BIR, main WIR. Heatpump, unlimited water supply, orchard & raspberries, garage, 9 x 5 m hothouse, workshop 16 x 5 m, showroom. Devonport 30 mins. \$125,000 Ph: 03-6492-1237.

### SOUTH AUSTRALIA

**SHOAL BAY, KANGAROO ISLAND**, 3 b/r clean home, redwood/cedar. Bush garden setting, 10 ac, mains water, 9.5 km main township. Private sale. \$45,000. Adjoining 65 ac block, mainly arable land. \$50,000. More info: ring, 08-8553-5240.

**KANMANTOO**, between Adelaide & Murray Bridge, 5 mins from freeway on old Princes Highway, 75 ac, 3 b/r timber house in good condition (deck, s/c heater, views, northern aspect), 2 lge sheds, tanks, mains, elec, sand filter/septic. Many bushfood plants trialled (many on drippers), some doing very well (eg muntries, acacias, bush tomatoes), native flowers & foliage & woodlot. Close to sml village, 20 mins Steiner school in lge town. Potential to earn good second income from bushfoods. \$150,000. Ph: 0407-971-427.

**SALISBURY**, lovely 3 b/r home, air conditioned lounge/dining room, 2 bathrooms, study lge family room. On approx 5000 sq m. Also granny flat, double c/port & lge shed. Suit many purposes, growing organic produce or home-based business. \$195,000 ONO. Ph: 08-8271-3771.

**YANKALILLA**, approx: 1 hr from Adelaide, 30 mins Victor Harbor, 4 km from coast; 9.25 ac, part-revegetated. Lifestyle opportunity – peace and quiet, birdlife & roos, picture-perfect views overlooking township & towards the coast. Spacious living areas, 3 b/r (or third as optional home office). Solar & wind powered, 100,000 lt (approx) r/water tank, Clivus Multrum toilet, bottle gas, wall oven & hotplates, solar water heater cycling through combustion stove. \$179,000. Ph: agent, Kim Mitchell, 0413-875-060, or Bernard Booth, 08-8236-5555.

### DEADLINES

To avoid disappointment ensure your ad meets our deadline. See top of this page for details. 🌿

**DEADLINES: GR146 – JUNE 30TH  
GR147 – AUGUST 30TH**

### WESTERN AUSTRALIA

**ONE QUARTER SHARE** in 165 ac located nth Walpole, SW West Aust, 4 b/r house, shed, perm water. \$220,000 ONO. Ph: 08-9339-5667.

**PROPERTY FOR SALE/LEASE IN W AUSTRALIA**. Artist's retreat, permaculture, hobby farm? Share 440 ha wilderness near Perth with your imagination. To lease all or part, write: PO Box 224, HOPETOUN, WA 6348.

### COMMUNITIES/SHARES

**WEEKEND RETREAT BORDERING MORTON NATIONAL PARK**: Share 110 ac secluded/exciting bush property, Tallong, Sth Highlands (2½ hrs Sydney) on escarpment Shoalhaven River. Timber dwelling, solar power, water, wood heater, sleeps 6+. Walks, dams, wildlife. Environmentally sensitive shareholders. Selling because we've moved into area. \$6500. Ph: 02-4861-7670.

**NEW ALTERNATE COMMUNITY** starting, mid nth coast NSW, modelled on Bundagen community (Coffs Harbour), 80 sites, no cats or dogs, near ocean beach & river. \$7000/share. Ph: 02-6566-0087. See ad under 'Property NSW'.

**SMOKE AND ALCOHOL-FREE COMMUNITY** starting Byron/Ballina area. Live totally communally sharing living/sleeping space, income, workload, childcare. Philosophy & practice of openness, sharing, emotional support, open sexuality, & above all, having fun together. Families, solo parents, couples & singles all welcome. If this appeals to you, please contact Dave and Lynda, Ph: 02-6684-7916.

**IDYLIC BUSH RETREAT, BORDER RANGES** Nat Pk area, 40 km nth of Lismore, 20 mins NW of Nimbin, 5 ac of bush & garden, with lovely 2 b/r cottage on popular multiple occupancy. \$70,000. Contact owner, 02-6689-7087.

**NEAR NIMBIN**, shares on new, small, intentional community. Shared organic garden, orchards, livestock, etc. Child friendly. Ph: 02-6689-1019.

**MID NORTH COAST NSW**, shares for sale in 10–12 member co-operative, 1259 ac adjoining state forest, in process of MO development. Springs, perm water, power, ph, swimming holes, 700 m mountain peak, steep, forested, r/forest pockets, secluded valley, 30 mins to town. \$30,000 – \$35,000 each, 10% deposit, balance payable on development approval. Ph: 02-6550-7229, or 02-6550-7324.

Email: peakex@tpg.com.au

Website: mo.ontheinternet.com.au

**MID NORTH COAST**, 1/16 share 430 ac, Tenants in Common. Mostly forest, perm crk, secluded mudbrick house. Neglected but repairable, ph connection, abundant wildlife, 1 hr Taree. \$12,000 ONO. Ph: 02-4942-5215.

## PROPERTY WANTED

**RIVERFRONT FARM**, 100 ac +. To \$125,000, no house; to \$250,000 with house. NE NSW or SE Qld. Ph: 0409-640-280.

**LOOKING TO BUY** cheap land on east coast with cabin or house, on vendor terms. Will be able to pay small deposit only, but are genuine, have refs & will make agreement through solicitor & pay good interest rate. Sincerely hope someone can help us with our dream to relocate to a more salubrious environment. Xxxxxx xxxxxx xxxxxx xxxxxx xxxxxx xxxxxx xxx xxx xxxxxxxxxxx xxxxxx xxxxxx xxxxx.

## FOR RENT/CARETAKER WANTED

**HOUSE FOR RENT AT KOOKABURRA** Park Eco-Village: 3 b/r on 1 ac. \$150 p/w. A safe clean rural village close to schools & shops, Gin Gin, Qld. For more info: Ph: 07-4157-2850, or 07-4153-1301, fax: 07-4153-1358.

Website: <http://kookaburra.eco-village.com.au>

Email: [barry@kookaburra.eco-village.com.au](mailto:barry@kookaburra.eco-village.com.au)

**SHARE ACCOMMODATION** (\$60 per week plus shared costs). Genuine enquiries only please, likely to suit person of rural background. Absolutely no chemicals or scented products allowed on property. Person to share house, extensive vegie gardens & reasonable living expenses on a totally natural & chemical-free organic property (100 ac) on Kangaroo Island, SA. Because I have a severe and absolute intolerance to chemicals none are permitted on the premises. If you would like to share the work of growing what you eat plus the healthy & environmentally sound lifestyle, then I would like to speak with you. To maintain the gardens & share the workload would require 3 to 4 hours per day from each of us. That would leave sufficient time to find paid employment elsewhere on the Island. There are many wonderful leisure time activities also avail as part of living in this very special location: birdwatching, boating, canoeing, fishing, beekeeping, beachcombing, walking – it is 34 km to the closest township. My interests are sincere and if you are attracted to the opportunity we could discuss it further. Contact: C Ford, 08-8553-7224.

### CARETAKER POSITION AT MOORA

**MOORA** Co-operative atop a picturesque mountain 15 km outside of Healesville, Vic. A 2-b/r flat & no bills in exchange for 8 hr work p/w. Work incl care & maintenance of the community buildings, solar power & spring water systems & meeting & managing occasional guest needs (eg WWOOFs). No experience but a willingness to learn & a desire to live in an intentional community. Further info ph 03-5962-1094. Mail applications to: PO Box 214, HEALESVILLE 3777, or email: [dalemail1@yahoo.com](mailto:dalemail1@yahoo.com)

**PERSON(S) WANTED TO SHARE** livable acreage near Ulladulla. Low rent for your help to further improve & produce from land. Ph: 02-4228-6671.

# GRASSIFIEDS

## FOR RENT/CARETAKER WANTED

**PERSON(S) TO SHARE HOUSE, CARAVAN,** secluded Hunter bush block, 60 km Newcastle, Ph: 02-4938-2036.

## WANTED TO RENT/CARE- TAKE

**WE HAVE A DREAM.** Can you help? Couple with references seeking long-term rental in Southern Highlands/Southern Tablelands. Ph: Greg & Denise, 0413-229-393 evenings.

**YOUNG COUPLE/CHILD** looking to caretake/rent on mid nth coast. Organic gardeners, handy with maintenance. Contact Simon or Liz: 02-9365-3089.

**COUPLE & SMALL DOG** seek housesitting arrangement in Tasmania in 2002. Good refs. Gardening & house painting exp. Please call Nick on: 03-5470-6290.

**WANTED TO RENT/LEASE:** Single mum and baby looking for a house on property, or small farm, or farmlet or cottage. Prefer close to Cranbourne or Mornington area (Victoria), 2 or 3 b/r plus. Excellent references avail. Will keep house & surroundings in top order. Please ph Susan on: 08-8979-7964, or 08-8979-7911, or fax: 08-8979-7919.

**CHRISTIAN FEMALE** seeking accom in exchange for 10 hr work p/w. Ph: Shari, 0414-586-393.

## OPPORTUNITIES

**EARN WHAT YOU'RE WORTH!** Start your own business, Herbalife products have created health & wealth for thousands. Call Eve on: 03-5443-8053.

**ENTHUSIASTIC WORKER WANTED** to share in profits of an organic passionfruit crop. Potential to grow other trellis fruits or vegetables. Situated on a pristine crk in beautiful r/forest. Good oppo for the right person. Ph: 07-4958-3013.

**EARN EXTRA INCOME** to realise your self-suff dream. Full/part time, no territories – take your business with you anywhere in Australia. Free info call: 1800-501-706. Code 661860. Unique nutritional & sports supplements. Aust Therapeutic Listing. Ph: 07-3261-1639. Email: mar\_rob@hotmail.com.au

## PUBLICATIONS

**BOOKS, OLD AND NEW,** send for general list. R Suters, PO Box 127, FIGTREE 2525.

**FREE BOOK OFFER:** *Finding Peace Within* is a small book currently available FREE to anyone seeking inner peace and relief from anxiety and stress. For your copy write to: 'Free Book Offer', PO Box 2228, LOGAN CITY DC, Qld 4114.

*Please print your ad clearly so we  
can do likewise*

### PLACING AN AD?

*See page 74 for details*

**HOW TO MAKE LOW-FAT SAUSAGE MINCE.** For recipe send \$5 + SSA envelope to: Sweet Palmer, PO Box 387, MOOROOLBARK, Vic 3138.

**BOOKS AND MAGAZINES,** new & preloved. Just about every subject avail. 'Wants Lists' welcome. Free monthly catalogues or visit our website: [www.bookmania.com.au](http://www.bookmania.com.au) Bookmania, Burrendong Way, MUMBIL, NSW 2820. Ph: 02-6846-7775.

**750 HOW-TO MANUALS** you can reprint and sell. [www.flexi.net.au/~fingertip](http://www.flexi.net.au/~fingertip). Box 747, STANTHORPE 4380.

**BE SELF-SUFFICIENT,** environmentally beneficial. [www.flexi.net.au/~fingertip](http://www.flexi.net.au/~fingertip). Box 747, STANTHORPE 4380.

**'ABC TO SUCCESS IN SMALL BUSINESS':** [www.flexi.net.au/~fingertip](http://www.flexi.net.au/~fingertip). Box 747, STANTHORPE 4380.

**SUPPRESSED & UNUSUAL TECHNOLOGIES** catalogue, free energy devices, antigravity, hydrogen fuel, magnetic motors, alternate fuels and engines, high mileage, 200+ topics. Send 6 x Aust 45c stamps to: Lostech Archive, PO Box 456 -R, TOLGA, Qld 4882, Australia.

**BOOK 'ABSOLUTELY DELICIOUS LICORICE,** How to Grow and Use', by Isabell Shipard, and licorice sample: \$10. Three licorice roots to grow: \$20. Shipards, Box 66, NAMBOUR 4560. Ph: 07-5441-1101.

**'NATIVE STINGLESS BEES'** for profit or pleasure – how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45 c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

**'NEW VEGETARIAN & NATURAL HEALTH',** the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

**'NIMBIN NEWS MAGAZINE',** is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for \$20, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**HOME EDUCATION** for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

**'GRASS ROOTS'** nos 29, 30, 31, 37, 40 – 94. \$95 + postage. Ph: 07-5442-9470.

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 329, BLACKHEATH 2785. Ph: 02-4787-5335, fax: 02-4787-5339. Visa-Mastercard.

[www.users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)  
**BOOKS, NEW AND OLD.** Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

## FOOD & KITCHEN

**PERMACULTURE,** colour video shows you how! [www.flexi.net.au/~fingertip](http://www.flexi.net.au/~fingertip). Box 747, STANTHORPE 4380.

**STONE GROUND FLOUR,** in-home, with a SCHNITZER German quality hand or electric stone mill, 10 models, from \$178. Send SAE for info, add \$5 for video. SCHNITZER MILLS, PO Box 1867, BOWRAL 2576. Ph: 02-4861-1581, fax: 02-4861-1249. Visit our website at [www.schnitzer.com.au](http://www.schnitzer.com.au)

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. [www.retsel.com.au](http://www.retsel.com.au)

## MISCELLANEOUS

**MAKE AN INDICATOR** to check any proposed solar site for any seasonal overshadowing. Send SAE to: B McMahon, C/- Post Office, BROKEN HILL 2880.

**SAVE \$100s ON DIESEL FUEL** using recycled materials. Simple, easy, safe, no chemicals. \$15. R Turner, PO Box 211, TABULAM, NSW 2469.

**NATIVE AMERICAN STYLE FLUTES,** handcrafted in authentic Cherokee design. Anyone can learn to play, perfect for playing in the bush. Call Tony & Debruniva: 07-4057-6553.

**'STATH STEAM':** stationary steam power generating systems. Ph: 08-8555-5257.

### ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to Contact ads, please bear in mind that most advertisers do not wish to receive 'R'-rated letters.

# GRASSIFIEDS

## MISCELLANEOUS

**SEPTIC TANKS – HOW TO BUILD** or how to maintain one. Don't desludge! Treat the cause. Booklet \$20. HG Stephens, 12/5 Fulton St, EAST ST KILDA 3183.

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050. Website: [www.supermoulds.com.au](http://www.supermoulds.com.au)

**BHUDEVI, THE PUREST GOODIES** on the Planet! At reduced prices. [www.bhudevi.com.au](http://www.bhudevi.com.au) Ph: 07-5527-6828.

## HEALTH & BEAUTY

**YOUR PASSPORT TO OPTIMUM NUTRITION:** Highly respected Australian Natural Therapist provides insight into wide range of health issues in informative 60 min video covering stress, pollutants, cell regeneration, major cause of disease, nutrition, major principles of life & much more. To order post cheque/money order for \$34 (incl P&H) with details to: Trudy Webster, 15 Ennio Crt, MACKAY, Qld 4740. Order within the next 10 days & receive FREE report outlining how water can make or break your health. 100% money back guarantee if not fully satisfied. If further info required email: [webtrose@optusnet.com.au](mailto:webtrose@optusnet.com.au)

**LIFE EXTENSION FOOD** developed by highly respected Australian Natural Therapist & contains potent dosages of more than 50 nutrients shown by scientific studies to reduce the risk of degenerative diseases & premature ageing. For further info please send stamped self-addressed envelope to: K88 enquiry, C/o Trudy Webster, 15 Ennio Crt, MACKAY, Qld 4740.

**KOMBUCHA AUSTRALIA**, the home for Kombucha in Australia and NZ, the first non-commercial Internet site for estab & new Kombucha brewers in Australia; offering information, email discussion group, support & FREE Kombucha culture exchange. Visit us & begin making the 2000 ancient brewed tea beverage for which many health benefits are claimed. PO Box 140 ANGASTON 5353. [http://www.geocities.com/kombucha\\_a/index.html](http://www.geocities.com/kombucha_a/index.html)

**LIVING NATURE AUSTRALIA.** New!!! Bio-active skin care from pure plant extracts/cold-pressed nut oils & NZ clays with natural preservatives. No herb/pesticides. Try: Wild pansy sun filter; Manuka honey handcream, Evening Primrose oil & Manuka honey soap, etc. Ph/fax: 07-3236-9223. Email: [lna@powerup.com.au](mailto:lna@powerup.com.au)

**UNIQUE NUTRITIONAL AND SPORTS SUPPLEMENTS.** Aust, therapeutic listing. Not avail shops/chemists. Ph: 07-3261-1639. Email: [mar\\_rob@hotmail.com.au](mailto:mar_rob@hotmail.com.au)

**HERBALIFE. A BEST SELLER.** A herbal-based range of weight control, skin & hair care, & vitamin products. A way of life. Call Eve on: 03-5443-8053.

**DEADLINES: GR146 – JUNE 30TH  
GR147 – AUGUST 30TH**

**NEW MOON WASHABLE PADS,** 'New Moon for the red tide', 100% cotton menstrual pads. Comfortable, economical environmentally friendly. Three sizes, \$5 each, \$5 P&H. Ph: 08-8988-4765, mob: 0402-088-631. PO Box 1343, HUMPTY DOO 0836.

Email: [newmoonwashablepads@hotmail.com](mailto:newmoonwashablepads@hotmail.com)  
**ORGANICALLY GROWN TRADITIONAL HERBAL** remedies for everyday conditions, arthritis, psoriasis etc. For catalogue please send stamped self-addressed envelope to: Tintagel Herbs, PO Box 27, CENTRAL TILBA, NSW 2546.

**ZAPPY NAPPY** 'Nappies that don't cost the Earth'. Made of 100% cotton flannelette. One size fits newborn to trainers. Waterproof/breathable overpants, extra liners, patchwork bunny rugs, premature infant nappies and doll nappies. All of our products are quality Australian made. To order please tel/fax: 07-5442-8033, or write to: Zappy Nappy, PO Box 260, EUMUNDI, Qld 4562. Wholesale distributors are required in most areas. Please contact Zappy Nappy for more info.

## FOR SALE

**FOR SALE, TRACTOR WELDER,** 223 amp, 240 power, \$1500. Also German wagon & spring cart, plus qty harness. Ph: 07-4934-7625.

**POWER 220/40V AC** direct to your home from running river/waterfall: 200, 300, 1000 W machines. Ph: 0412-481-360.

View at: [www.powerpal.com](http://www.powerpal.com)  
Powerpal (Aust): [eisp@eisa.net.au](mailto:eisp@eisa.net.au)

**QUALITY GRAINMILL AND JUICER PRODUCTS,** manual & elec, ph: 02-4751-2477. Web: [www.jucers.com](http://www.jucers.com)

**WIND TURBINE,** second-hand Rutland FM 1800, 250 watts at 9.4 M/S. \$2300 ONO. Ph: 03-5626-1452.

## COURSES

**OVENBUILDING/SOURDOUGH WORKSHOP:** A hands-on workshop (30 June/1 July) to learn about sourdough & cob ovens & help build a wood-fired community bread oven at Crystal Waters near Maleny in Qld. Alan Scott, ex-pat Aussie hippie, oven builder ([www.nbn.com/~ovncraft](http://www.nbn.com/~ovncraft)), baker & promoter of local economies & healthy eating, will be building a retained-heat oven. Experienced sourdough bakers & cob builders will do the rest. Cost \$220 incl all meals & handouts. Camping etc avail. Contact Les Bartlett, Ph/fax: 07-5494-4779. Email: [lesbartlett@iprimus.com.au](mailto:lesbartlett@iprimus.com.au)  
**PERMACULTURE DESIGN COURSES** with Rick & Naomi Coleman, Southern Cross Permaculture Institute. Next course Sept 21<sup>st</sup> – Oct 6<sup>th</sup> 2001. Call Naomi: 03-5664-3301 for info or, email: [scpi@tpg.com.au](mailto:scpi@tpg.com.au)

**STUDY PSYCHOLOGICAL ASTROLOGY** to practitioner level from home. Prospectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW. [www.shoal.net.au/~astralc](http://www.shoal.net.au/~astralc)  
**CORRESPONDENCE STUDIES.** Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition Therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Preschool Child-care, Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

## GARDEN & ORCHARD

**KAVA PLANTS** – very rare – best mild euphoriant, muscle relaxant & antidepressant. Tropics & subtropics only or indoors/hothouse. Potent black-stemmed Hawaiian cultivar – commercial potential. Also Noni/Morinda plants & others. Send SAE for price list: Little Mulgrave Organics Tropical Fruit Tree & Herb Nursery, PO Box 648, GORDONVALE 4865. W'sale enquiries welcome.

**BOB MAGNUS' FRUIT TREE LIST** for 2001: This year I can offer 80 types of apples, all on dwarfing rootstocks, incl 20 uniquely Australian varieties to celebrate 100 years of Federation. I also grow pears, plums, nectarines, cherries & hazelnuts. Please send 3 x 45c stamps for my catalogue. Bob Magnus, PO WOODBRIDGE, Tas 7162.

**FIG CUTTINGS,** 9 cuttings comprising 3 varieties, with instructions, posted in August, for \$29 packed + GST. Rod Kingston, RMB 487C, Daruka Rd, TAMWORTH, NSW 2340.

**QUALITY APPLE TREES FOR SALE,** multi-grafts, heirloom & modern varieties, from \$9, list avail. John Reynolds, 'Brantwood', NASHDALE, via ORANGE 2800. Ph: 02-6365-3382. Email: [nashdale@cww.octec.org.au](mailto:nashdale@cww.octec.org.au)

**PERMACULTURE,** colour video shows you how! [www.flexi.net.au/~fingertip](http://www.flexi.net.au/~fingertip). Box 747, STANTHORPE 4380.

**BAMBOO PLANTS,** lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

**COMPANION PLANTING CHART:** over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow when Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**RAINFORREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

Make your editor smile – *Punctuate when writing ads for Grass Roots Grassifieds* ♪

# GRASSIFIEDS

## GARDEN & ORCHARD

**NZ YAMS** (oca) & Chinese artichokes, tubers, 25 for \$15 incl postage & planting instructions. Send cheque to: D Fergusson, 5 McCarthy's Rd, WARRION 3249. Ph: 03-5234-8301.

## HOLIDAYS

**NEAR GEELONG - D'ORO TOURIST FARM**, 55 Brushfield Rd, Freshwater Creek 3216. Ph: 03-5264-5130. Wonderful mornings, hens, donkeys; lovely family accom.

**FINCH HATTON GORGE**, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204. Web site: [www.bushcamp.net](http://www.bushcamp.net)

**MORUYA - FAR SOUTH COAST NSW**, bush cabins, romantic 1 b/r and family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$275 per week, \$110 per weekend. Ph: 02-4474-2542.

**LAMINGTON GLEN**, r/forest retreat, secluded cabin - everything supplied except food. Ph: 07-5544-8166.

## SERVICES OFFERED

**RONITA, INDIAN CLAIRVOYANT**, genuine service at reasonable rates. Ph: 03-5176-2521 from 11am - 8pm. \$30 for 15 mins. Credit card only. Also visit: [www.ronitapsychic.com](http://www.ronitapsychic.com) for one free email question.

**HOME PLANS**. 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for hand-crafted buildings (83 homes and 9 workshops, cabins, and carports) of mud brick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail \$75 (p&p incl) to: John Barton - Building Design, 31 Sharp St, NEWTOWN, Vic 3220. Enquiries to ph/fax: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted. Free brochure available.

Email: [jbarton@pipeline.com.au](mailto:jbarton@pipeline.com.au)

## HANDCRAFTS

**BEADS BEADS BEADS** - unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is \$10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

### ADVICE FOR CONTACTS ADVERTISERS

- Never use your full name, a first name is fine.
- It's safer to use a PO box than your home address.
- Never give your work phone number.
- Arrange a first meeting at a neutral crowded place such as a shopping centre.
- Don't rush things. Be sure about where you are heading. Ask lots of questions and remember the answers. ☺

### PLACING AN AD?

See page 74 for details

**NATURAL GEMSTONE JEWELLERY**, pendants from \$7.50. Necklaces from \$20. Send 3 x 45c stamps for descriptions & prices to: C Hunter, 54 Maidstone St, RINGWOOD, Vic 3134.

## LIVESTOCK

**MINIATURE CREAM/BEIGE BULL**, 18 months old & working. Quiet, halter trained, good conformation, nice & small. Sire: KYRHET GERONIMO Reg. 2215 MCBR. Dam: KAZOO RASCAL. \$1000. Ph: 07-5494-7717.

**LARGE BLACK PIGS**, extra tasty old-fashioned breed. Best choice for free-range. Animals for breeding or commercial production regularly avail. Ph: 02-6558-3106.

**MINIATURE AUSTRALIAN COMPANION PIGS**, estab 1978, pets, breeders. Ph/fax: 03-5966-7434. Brian, PO Box 36B, YARRA JUNCTION, Vic 3797.

## CALENDAR EVENTS

**IN MY BACKYARD FESTIVAL**, Saturday 13th October 2001, Gateway Island Wodonga. We are looking to showcase practical ideas & products that can inspire people to care for their environment in their own backyard. 'IMBY' will encourage people to find new ways to care for their own backyard, and in doing so, help them to make informed decisions about ways to care for the total environment. We hope to highlight that there are many small things we can do, which collectively will make huge positive differences to our own backyards! 'IMBY' presents you with the opportunity to showcase your product, organisation or idea - all we ask is that you target it at a level which makes it user friendly to the average individual, family, community group or small business. Details: Wayne Carlson, Community Liaison Officer, Parklands Albury WODONGA 02-6023-6714, or email: [carlson@parklands-alburywodonga.org.au](mailto:carlson@parklands-alburywodonga.org.au)

**DRAUGHT HORSES ON SMALL FARMS**, weekend workshop utilising horses on sml acreage. Adults \$75 p/p/day. Children \$30 p/p/day. Includes lunch + morning & afternoon teas. Overnight accom can be arranged. Includes wagon ride to site, safety procedures, basic harness requirements, commands, long reins for beginners & basic cultivation with variety of horse-drawn implements. 9th & 10th June, Holbrook district. Bookings essential. Ph: 02-6385-8344, or 02-6020-4222.

**SOUTH COAST FIELD DAY**. For sustainable land use & sustainable living. It's on again & it will be bigger than ever. Land use, building & technology, forestry, commune and cottage industry. Bega Valley. 18th & 19th Aug. Interested exhibitors & enquiries contact: 02-6494-2014, or 02-6492-7306.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA) and ECO-CHOICE (our mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Email: [naaaau@yahoo.com](mailto:naaaau@yahoo.com). Ph: 0415-928-028.

## WANTED

**DRESSMAKER'S MODEL**. Ph: 07-5449-7241. **WOMAN, FIFTY**, on spiritual path needs home, starting August, possibly in a spiritual community. I need cool-warm dry climate without humidity or temperature extremes. Prefer to live in bush/wilderness, near water. Must be quiet & somewhat isolated. Working in field of healing/spiritual teaching. Other skills incl organics self-suff, nursing. Could exchange work or money: proven excel tenant (have 2 cats). Money exchange must be modest. Reply: EF (GR145), C/- PO Box 117, SEYMOUR 3661.

**SEACHANGE**: Always wanted to live on a riverboat on the Murray. Can anyone help make this a reality? Reply: Seachange (GR145), C/- PO Box 117, SEYMOUR 3661.

## CONTACTS

### NEW SOUTH WALES

**MALE, FIFTY-ONE**, fit, lean, smoker, s/d, natural, solvent. I live well on 100 ac & know that life sparkles most brightly when you wake up with a partner you look forward to sharing the day with. An invitation to any similar thinking female to correspond to determine if there is good cause to meet. Peter Wilton, Awarra, WARRIALDA 2402.

**SINCERE MALE**, 35 yrs, naturopath, 6 ft, slim, healthy, enjoys beach, mountains, good music, art, literature. Seeks genuine friendship/r/ship with like-minded woman to 45 yrs. Also interested in natural therapies, astrology & pursuit of happiness with that special someone. Photo appreciated. Please reply to: Michael, PO Box 427, NELSON BAY, NSW 2315.

**MALE WIDOWER**, fit, healthy, 58 yrs, house trained, n/s, n/d, would love to share home & duties on sml property with unattached lady - early 50s, broadminded, GSOH, easy-going. Myself: can cook, handy around the place & looking for perm lover & friend. Contact: Matt, 02-6585-0140.

### QUEENSLAND

**MALE, THIRTY-SIX**. Scorpio dragon, s/d, s/s. central Queensland coast, rare fruit grower. Seeking honest, sincere, mango-loving soul mate. Ph: 07-4156-6514.

### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it. Don't forget to put the issue no. on reply, i.e: Skye (GR 138) ☺

# GRASSIFIEDS

## CONTACTS

### QUEENSLAND

**COUNTRY MAN**, 55, independent, 6' tall, 12 stone, still very fit, licensed barramundi farm, making a good living. Like water skiing, BBQs, travelling, country music. Seeking country woman, 38 – 50, children OK, to share simple country lifestyle together for a perm r/ship, nationality open. Write, ph or fax to: George, ph & fax: 07-4066-5645, mobile: 0419-180-082. PO Box 26, EURAMO 4854.

**QUEENSLAND, MALE**, 44, seeks honest female 30 – 40 years. Interests are: all music – blues, country, reggae – enjoy a good laugh, playing guitar, cooking, beach, vegie gardening, occasional drinker. Owns own home in country. Contact: Andrew, Lot 1 Anderleigh Rd, NEERDIE 4570. Ph: 07-5486-5486 (Tin Can Bay).

**ABSOLUTE GRATEFUL CREATIVE** evolved Aries man, Sco-moon, inviting soul mate, celebrate life as reward for having solved our past karmas. Both capable of surrender to love, beyond egocentricity. Possibly 47+, or ageless through spiritual awareness, willing to share needs of bodysoul in harmony and equanimity; to be confirmed compatibility. Reverence for bodily self & spirit, shown by bodyform & lifestyle. Content on pensioner's supply, own permaculture 10.3 ha home. Grateful for photo and/or detailed intimate description of miracle body & spirit. Address confidentially to: Anutosh, Lot 109 Burnett Hwy, GOOMERI 4601.

**SAGACIOUS ROOSTER**, Frenchman, 55, no baggage, nonreligious, affectionate, practical. Can relocate anywhere peaceful to share organic GR lifestyle with compatible, intelligent, earthy, stable, nifty lady born in the year of the ox or snake or dragon. Age up or down open. Please write with recent photo to: Maurice, PO Box 514, MACKAY 4740.

**SPIRITUALLY MINDED, COUNTRY BOY**, keen horseman, 37, n/s, n/d, slim, into Native American culture & helping the earth, living deep in the bush, close to nature. Seeks reasonably slim female with similar interests & a positive attitude, must love animals. Reply: Terry Harding, Kunandha, MS 322, GAYNDAH, Qld 4625.

**HANDSOME SPIRITUAL MAN**, 37 yrs old, pure Tantric Master, Leo n/s n/d, is longing for a female partner & a genuine friendship first. I enjoy the simple things in life. Come with me lady & discover what true love is, & beyond, so we can grow together because the sky is the limit. All replies answered. Write to: PO Box 104, BABINDA, Qld 4861.

**VEGETARIAN MALE**, 48 years, intelligent, slim, n/s, n/d, naturally affectionate & caring. I enjoy the outdoors, gardening & cooking. Seeking a sincere, caring woman (25 to 45), or mother & child, to share simple country lifestyle & to develop a close, supportive, loving r/ship. Wayne Pollard, PO Box 235, GIN GIN, Qld 4671. Ph: 07-4157-2736.

DEADLINES: GR146 – JUNE 30TH  
GR147 – AUGUST 30TH

**PROFESSIONAL SINGLE MALE**, medium build, n/s s/d GSOH, well travelled, loves nature, beach & bushwalks, music, animals & cooking. Seeks positive thinking, slim, petite, sincere, healthy, honest, financially secure lady 40+, any nationality. For long-term r/ship & to estab alternative lifestyle with the production & sales of healthy food products for markets etc. Good sales & office background would be helpful. Photo appreciated. Genuine replies only to: Healthy Foods (GR145), C/- PO Box 117, SEYMOUR 3661.

**REWARD OFFERED** – a lifetime of fun, security & adventure for one fairly slim country-type female interested in starting & sharing a life-long friendship/r/ship with a clean, healthy, loyal, financially secure, adventurous 40-year-old Libran male, n/s, n/d; single mum okay. Send resume to: Hermit, PO Box 1473, ATHERTON, Nth Qld 4872. Genuine replies only, all letters answered & totally confidential. Photo appreciated.

## VICTORIA

**GUY FIFTY-FIVE YEARS**, living old country church, central Victorian town, interests gardening, camping, horseriding, alternative lifestyle. Seeks similar male with GSOH, age open. John (GR145), C/- PO Box 117, SEYMOUR 3661.

**FEMALE, TWENTY-THREE**, SE Melbourne, mature, intelligent, cheerful, philosophical & spiritual. Interests: cycling, travel, music, movies, outings & personal growth. Wanting to meet similar minded people, M/F, 20 – 30, for friendship. Reply: Jo (GR145), C/- PO Box 117, SEYMOUR 3661.

## WESTERN AUSTRALIA

**YOUNG MID-FIFTIES EX-CITY FARMER** seeks adventurous partner who would thrive living by a river on a remote cattle farm in the mountains but still enjoys the best of cities & travel. Attracted to slim confident women with an interest in nature, self-suff, reading, the arts & music. N/s, no drugs. Photo appreciated, will reciprocate. Reply: WA (GR145), C/- PO Box 117, SEYMOUR 3661.

## AUSTRALIA WIDE

**ANYWHERE**, 59 yr old male seeks another as mate, any age, for camping trip around Australia by back roads and byways, at end of 2001. Smoker/drinker OK, must have driver's licence & like Blue Heelers. Write to: Cookie, Lawn Hill Station, PO Box 1819, MOUNT ISA 4825

### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires.  
Call us on 03-5792-4000. ☎

## LATE GRASSIFIEDS

**RENT-FREE TENANT. – ORGANIC GARDENER:** On the Goulburn River at Trawool near Seymour by a beautiful lagoon we have an unoccupied log cabin with 2 b/r & an open kitchen living room. We want an organic gardener/seedsaver to grow their own & care-take some crops for Digger's Seeds in exchange for rent. Ideally, a dedicated grower would be interested in 2 – 3 days paid work, or to rent 15 ac river flats. Ph: Clive Blazey on 03-5987-1877.

**SHETLAND LACE BOOKMARKS**, traditional design, & all hand-made. \$38 each. Limited supply. Send to: Cameron McKerrrell, PO Box 12656, A'Beckett St, MELBOURNE, Vic 8006.

**FOR SALE NORTH QUEENSLAND**, 4.797 ha (approx 12 ac). Absolute privacy, mountain views, flood-free position. Approximately 8 ac protected r/forest. Balance approx 4 ac lawn with 30 + exotic f/trees. Sealed rd frontage, water, elec, ph avail. Five mins to river boat ramp & cyclone sheltered mooring, 15 mins to shopping town, 15 mins to South Mission Beach, 90 mins to Cairns International Airport. This piece of paradise is valued at \$21,000 per ac, will sell for \$18,000 per ac. Freehold title. All council fees paid. Ph: 07-4068-8151 after 4pm.

**BENARKIN VILLAGE:** Part-furnished house. Ill health forces sale. \$49,000. Ph: 07-4163-0085.

**BELLINGER VALLEY**, craftsman built NE facing home on creek. Five ac share on 1150 ac MO, 12 shares only, 85% boundaries within World Heritage New England, Bellinger Valley Nat Pks. Fiat 4WD tractor with numerous attachments. Steiner & public schools nearby, bus at front gate. \$129,000. Ph: 02-6655-8699 after 7pm, or write: PO Box 8, THORA 2454.

**PICTURESQUE FIVE ACRES PLUS** (2.76 ha). Bush setting, wildlife, quiet, power, fully fenced & cleared ready for building, 15 mins to city of Bairnsdale & 20 mins to 90 Mile Beach. Great views, lots of potential. \$35,000. Ph: 03-5152-5830, or email: tmcreees@hotmail.com

**WANTED TEN TO THIRTY ACRES** at \$1000 per ac with creeks if possible. No services or buildings, just the land. Mid-N-Qld up to 50 km from the coast or closer. Ph: 08-9244-8690. Commission avail.

**FOR RENT:** Two b/r cottage, approx 24 km from Gympie. \$95 per week + bond. References appreciated. Ph: 07-5486-7396.

## DON'T WANT YOUR ADDRESS PUBLISHED?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$10 for this service, so please add this to the amount when calculating the cost of your ad and include it with your Contacts Grassified. ☎

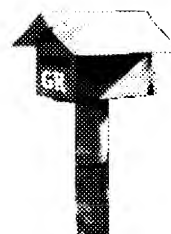


# Subscribe to Grass Roots

## Your Ticket to Peace and Freedom

*Subscription cost includes postage and handling.*

- ☐ Australia, one year, \$36.30 (incl. GST)
- ☐ Australia, 2 years, \$72.60 (incl. GST)
- ☐ Overseas, one year, A\$50.00  
(Bank draft/credit card only)



Name:.....

Address:.....

.....Post Code.....

Ph:(day) (.....)

Email:.....

Credit Card(tick): ☐ Visa ☐ Mastercard ☐ Bankcard

Nº

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

Subscription (incl p&h) \$.....

Back issues @ \$4.40ea \$.....

Nºs:.....

Postage free on back copies

Total price of books \$.....

Postage and Handling \$.....

Total enclosed \$.....

## Grass Roots Books

*Tick the appropriate boxes then work out the postage and handling costs from the chart below.*

- |   |         |
|---|---------|
| <input type="checkbox"/> Grass Roots Livestock Index.   | \$5.50  |
| <input type="checkbox"/> The Bullock Driver's Handbook – Arthur Cannon. Pioneer skills for sustainable living.      | \$16.45 |
| <input type="checkbox"/> Country Scents – Alan Hayes. Make your own cosmetics at home.                              | \$10.95 |
| <input type="checkbox"/> Natural Pet Care – Pat Coleby. Healthier, happier pets using diet and natural remedies.    | \$18.00 |
| <input type="checkbox"/> Natural Horse Care – Pat Coleby. A classic - from soil to natural treatment and remedies.  | \$21.95 |
| <input type="checkbox"/> Natural Farming and Land Care – Pat Coleby. Organic farming manual.                        | \$21.95 |
| <input type="checkbox"/> Poultry Breeders Directory. Breed descriptions and breeders contact info.                  | \$11.00 |
| <input type="checkbox"/> The Healthy Cat – Madelaine Wright Keep moggy happy using natural methods.                 | \$16.50 |
| <input type="checkbox"/> Going Tropical – Ron Edwards. Northbound survival guide. (Incl. tropical fruit varieties.) | \$16.45 |
| <input type="checkbox"/> Your First Pony – Beverley Heselton A must for the young rider.                            | \$16.50 |
| <input type="checkbox"/> Binders for Grass Roots. Keep your precious collection together.                           | \$15.80 |

### Complete Your Set of Grass Roots

**Back Copies are \$4.40 each**

*(includes postage)*

**Send us a stamped, self-addressed business sized envelope and we'll send you a free Back Copies List.**

**Note:** issues 1 – 18 & 66 are no longer available.

### Postage and Handling

Up to \$25.00 - add \$4.00  
 \$25.00 - \$50.00 - add \$6.00  
 \$50.00 - \$80.00 - add \$8.00  
 Over \$80.00 - add \$10.00  
*Within Australia. Overseas prices add 50%.*

*Post with cheque, money order or credit card details to:*

**Grass Roots, PO Box 117, Seymour 3661, Australia.**



AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

Don't Know How? Can't Find Out?  
No-One to Ask? Haven't a Clue?

*It's all in past issues of Grass Roots!*

Update your library of sustainable living with  
all that vital info from really practical people

# Don't be left in the dark!

## Find Out About

Soap Making, Moon Planting, Natural Pest Control, Owner Builder Methods, Sugarless Jam, Egg Preserving, Livestock Options and Care, Organic Farming and Gardening, Money Saving Projects and lots more!

**Back Issues Now Only \$4.40**

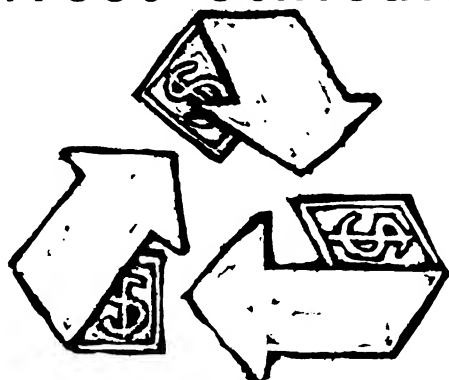
**And Don't Forget a Binder to Keep Your Back Issues Together**

Grass Roots Binders are an attractive plum colour, made of strong, reinforced vinyl, and hold ten issues each.

**Grass Roots Binders Only \$15.80 (plus postage)**

**See Back Page for Ordering Details**

reduce, reuse, recycle,  
invest ethically



Why bother recycling if your savings pollute? Why conserve energy if your investments waste it? You needn't compromise your principles to earn a competitive return. Invest your savings with Australia's specialist fund manager.

**Save with Australian Ethical Investment**

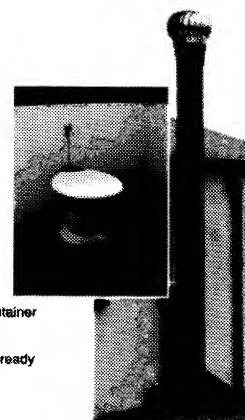
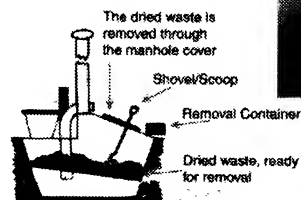
phone 1800 021 227 now for a prospectus  
or visit our website [www.austethical.com.au](http://www.austethical.com.au)

Applications for investment can only be made on the form contained in the current prospectus (dated 23/10/2000 and registered with ASIC) which is available from Australian Ethical.

## Enviroloo Domestic

*A new way to break down matter*

- Totally sealed
- Odourless
- Very low maintenance
- No power/water needed
- Ground level installations
- Minimal moving parts
- Assembles quickly
- No chemicals



*It is only the dried waste that requires removal after a few years. A shovel and container are all the tools necessary.*



Enviro Options Aust. P/L  
ACN 983 573 540

**Enviro-Options Australia P/L**  
PO Box 219

23 Gooraway Place,  
Berowra Heights NSW 2082  
Sydney H/O: 02 9456 0172

Byron Office: 02 6685 4619  
[www.enviro-options.com.au](http://www.enviro-options.com.au)



ISSN 0310-2890

03



9 770310 289013